



Trail Clinic Registration 2008

Contact information: heather@mountainmadness.ca, 604-990-9815 (Heather)

Note: Clinics meet at North Shore Athletics on the first day, 1200 Lonsdale Ave North Vancouver. Plan to carry water.

Season	Level	Clinic	Fee	Start	Race Goal
Spring	Short Course	Tender Knee 10 weeks, 8:30 a.m. (Reduced race fee.)	\$125	Sat Mar 29/Fri 28	May 31 Tender Knee 12 km
	Advanced	Iron Knee, 10 weeks, Sat 8:30 a.m. (Reduced race fee.)	\$125	Sat Mar 29/Fri 28	May 31 Iron Knee 25 km
Summer	Short Course	Seymour Scramble, Sat, 8 weeks, 8:30 a.m. Includes race fee (if applicable).	\$100	June 21	Aug 16 Seymour Scramble NEW (Geocache Challenge) 10 km
	Intermediate	Seymour Scramble, Sat, 8 weeks, 8:30 a.m. Includes race fee (if applicable). OR Cutthroat Classic, Sat, 9 weeks, 8:30 a.m. (Race fee in Washington is not included.)	\$100	June 21	Aug 16 Seymour Scramble NEW (Geocache Challenge) 20 km, OR Aug 23 Cutthroat Classic WA 18 km
Fall	Intermediate	The Phantom Run, Sat, 8 weeks, 9 a.m. (Includes the race fee.)	\$100	Sep 20	Nov 15 Phantom Run 19 or 24 km
	Short Course	The Phantom Run, Sat, 8 weeks, 9 a.m. (Includes the race fee.)	\$100	Sep 20	Nov 15 Phantom Run 12 km

Trail locations list is always posted on the Mountain Madness home page: www.mountainmadness.ca

Your Stuff (please complete ALL fields)

Last Name _____	First Name _____		
Home Phone _____	Shirt Size _____		
Runs per week? _____	Gender <table border="1" style="display: inline-table;"><tr><td>M</td><td>F</td></tr></table> Age _____	M	F
M	F		
Email (print) _____			
Cross training? _____			
Goal for clinic? _____			
Emergency phone number _____			
Longest distance run? _____	Comfortable distance right now? _____		

Clinic

<input type="checkbox"/>	Package Deal	\$275	All 3 Seasons included (save \$50)	
	Add GST 5%	\$13.75	Level →	
	Total	\$288.75		

Sponsored by NSA



OR	Individual Clinic	Fee	Distance	Season?
<input type="checkbox"/>	Short Course			
<input type="checkbox"/>	Intermediate			
<input type="checkbox"/>	Advanced			
	Add GST 5%			
	Total			

Payment

- Online registration available at EventsOnline.
- Cheque payable to **Mountain Madness**
- Gift/credit for past clinic. Event:

Waiver. In consideration of your acceptance of this entry, I hereby for myself, executors, administrators, and personal representatives release the organizers of these events, their agents and volunteers and the event's sponsors from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims whatsoever that I might have for personal injuries, death, property losses, or property damage suffered by participating in these events.

Clinics include detailed route descriptions, discount at NSA, a clinic gift, great scenery, experienced leaders, draw prizes, trail tips, guest speakers, major fun, and a chance to meet some crazy people.

Sign Here

Signature _____	Date _____
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