

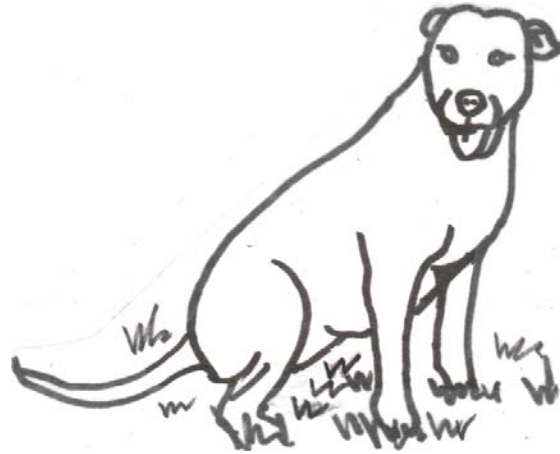
\$10.00 entry fee: A Benefit
For Cauzican Animal
Rescue Shelter

Date: July 31, 2010 Time: 8:00 a.m.

Mike the dog is proud to present "The Pampered Poodle 5k and the Big Dog 5-miler. For your convenience Mike's Race is a no frills Fundraiser with primitive conditions.

The two courses pass through a pine forest; past two sinkholes and lots of wildlife (including deer, turkeys, hogs, and vultures). Contact: Dana Stetson (at 668-3839; danastetson@yahoo.com).

LOCATION: Wakulla State Forest; north side of State Road 267 (Bloxham Cutoff Road); 3 miles west of Hwy 363.



0th Annual Mike the
Dog's 5k & 5-Miler

WAIVER: In consideration of your acceptance of my entry as a participant in the 2010 Mike the Dog's race, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against the directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of The Mike the Dog races, which may arise from my participation in the these races on July 31, 2010, or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

SIGNATURE _____ DATE _____

Signature of parent /legal guardian if under 18 years.

RACE DAY ONLY REGISTRATION!