

Date: Sunday, Sept. 5th, 2010

Time: 8:00 a.m.

\$20.00 entry fee: A Benefit For
Cauzican Animal Rescue
Shelter/A.S.F. Spay & Neuter
Voucher Fund



Mike the dog is proud to present Mike's 1/2-Marathon Over Hell (Florida's hardest half-marathon and a guaranteed arfing good time). For your convenience Mike's Race is a no frills Fundraiser with semi-primitive conditions. **LIMITED TO THE FIRST 20 APPLICANTS.**

The course climbs over the hill between Conner Blvd. and Lake Lafayette and through the Park. Contact: Dana Stetson (at 668-3839; danastetson@yahoo.com).

LOCATION: Heritage Park Blvd. Race starts in the park at Lake Lafayette. (Take Conner Blvd. to Heritage Park Blvd. Follow Heritage Park Blvd. until it runs into the Park/Lake.

0th Annual Mike the Dog's 1/2-Marathon Over Hell

PRE-REGISTRATION ONLY!

Send application and entry fee to 3218 Albert Dr., Tallahassee, FL 32309-3639 Make checks payable the charity of your choice (Cauzican or A.S.F.)

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 Sept. 5th, 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 if running a road race is a potentially hazardous activity, then this race has to be the numbskull idea of the century. 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. You may run with dogs, weasels or any other form of life, but if you or your significant creature become a problem then it's spay or neuter time for both of you. I have read and understand everything written above and I voluntarily sign this agreement.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL: _____

SIGNATURE _____ DATE _____

Signature of parent /legal guardian if under 18 years.