



# Capt'n Karl's

## 60km/30km/10km Trail Run

### the summer of 2010

All three races are in the Texas Hill Country just west of Austin

[www.TexasTrails.com](http://www.TexasTrails.com)  
[jprusaitis@austin.rr.com](mailto:jprusaitis@austin.rr.com) 512-294-6456

BIB#

Select One (check or circle)    **60km**     **30km**     **10km**

Select One (or more)    **Lake**     **Falls**     **Shoe**   
    **24-Jul**     **14-Aug**     **4-Sep**

FIRST name    \_\_\_\_\_

LAST name    \_\_\_\_\_

GENDER (circle) & AGE    **M**  **F**  age \_\_\_\_\_ BirthDate:ex:1/28/19 \_\_\_\_\_

SHIRT SIZE (circle)    **S**     **M**     **L**     **X**     **2X**

Street    \_\_\_\_\_

City    \_\_\_\_\_

State    \_\_\_\_\_ ZIP \_\_\_\_\_

County (if not USA)    \_\_\_\_\_ phone \_\_\_\_\_

EMERGENCY CONTACT    name \_\_\_\_\_ phone \_\_\_\_\_

List any medical conditions    \_\_\_\_\_

EMAIL    \_\_\_\_\_

**No Shwag for Late Entry**

If you register for more than one event select each race & add the costs, If you sign up for all 3 events at the same time, subtract \$15 and save. This savings is only valid before the 1st race.	Run Cost			
	NO shwag if you wait until 3 weeks before each race	60k	30k	10k
		\$60	\$50	\$40
		\$65	\$55	\$45
	\$70	\$60	\$50	Race week

address checks & mail to:  
**Traverse Trail Running, 1101 Plymouth, Austin, Tx 78758**

WAIVER - Capt'n Karl's 60km/30km/10km

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against The Capt'n Karl's 60km/30km/10km, Joe Prusaitis, Joyce Prusaitis, Tejas Trails, Traverse Trail Running, Brad Quinn, Team Traverse, Mule Shoe Bend, Inks Lake, Pedernales Falls, the State of Texas, their agents, employees, officers, directors, successors and assigns, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in The Capt'n Karl's 60km/30km/10km and any pre- and post- event activities. I understand that this event may cause serious bodily harm including broken bones and even death. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. I also understand that this is a USA Track and Field Sanctioned event and all USATF rules and regulations govern this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising.

I agree to all conditions listed above.

SIGNATURE    \_\_\_\_\_    date    \_\_\_\_\_

Comments