

Lasse Viren 20K Trail Run December 7, 2008

*31st Annual Classic Trail run located
in Sycamore Canyon. 12.43 miles of
pure, painful, scenic fun.*

*Technical running top
included for all pre-
registered runners. Great
post-race refreshments.*

*Produced by
Altitude 27
www.Altitude27.com*

Post Race Refreshments By



31st Annual Lasse Viren 20K Entry Form

Register By Mail
Inside Track – Lasse Viren 20K
38-A W. Main St.
Ventura, CA 93001

Fees
Pre-Registration: \$45
Race-Day Registration: \$55

Make checks payable to: "Lasse Viren 20K"

Register online at
www.LasseViren20K.org

Technical running top included for all pre-registered runners.

*****Event will be held rain or shine. Sorry no refunds.*****

Name _____ Sex: (circle) Male Female

Address _____ City _____

State _____ Zip _____ Phone _____

Birth date _____ Age (Race Day) _____

Email _____

T-Shirt Size: Mens: Small ___ Medium ___ Large ___ X-Large ___

Womens: Small ___ Medium ___ Large ___ X-Large ___

Waiver: In consideration of your acceptance of my entry, I, for executors, my administrators, Altitude 27, the State of California, California State Parks, Ventura High School, assignees, all volunteers, sponsors and myself do hereby waive and release any and all rights and claims, including negligence, for damages I may have against any organizers, volunteers, or sponsors of said event. I attest and certify that I am physically fit and have sufficiently trained for the Lasse Viren 20K, and my physical condition for competing in this event has been verified by a licensed doctor during the last 12 months. I expressly assume any and all risks involved with participation of this event.

Signature of entrant or parent or guardian if under 18

Date