



land heritage institute

medina river natural area



# THE TRAIL 10K

Saturday October 16th 2010  
8:00 AM

1349 Neal Rd, San Antonio Texas  
Shuttles will take runners to the starting location  
beginning at 7:00am

**\$25 pre-registration (before October 9th)\$30 on Race Day**

**Awards will be given for top 3 males and females; 13 age groups  
Electronic Chip Timing System for our runners/walkers!  
Team/ Family discount for groups of 4 or more \$20 each**

LIABILITY RELEASE: I know that this event is a potentially hazardous activity and that I should not enter the event unless I am medically able and properly trained. I also know that, although police protection may be provided, there will be traffic on the course route. I assume the risk of being in traffic, I also assume any and all other risks associated with this event including, but not limited to: falls, contact with other participants, the effects of weather including high head and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. As submitter of this entry application, being fully aware of these facts, and in consideration of accepting my entry, I do hereby for myself, my heirs, executors, administrators, and or anyone else who might claim on my behalf, covenant not to sue, and waive my rights to sue. I release the City of San Antonio, IAAPweb.com, Land Heritage Institute, volunteers, and all sponsors including their agents, employees, or anyone else acting for or on their behalf from any and all claims of liability for death, personal injury, or property damage of any kind or nature or record of this event for any purpose. Applications for minors will be accepted only with parent's or guardian's signature at day of race. I further understand that my entire entry fee is NON—REFUNDABLE. No baby joggers, skateboards, bicycles, roller blades, or dogs/pets will be permitted. By signing this release I give my full permission to use photographs taken at the event. LHI agrees to not use any of these photographs for use other than educational and promotional purposes.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

mail or deliver form to:  
**THE TRAIL 10K**  
114 E. Cevallos  
San Antonio, TX  
78204

