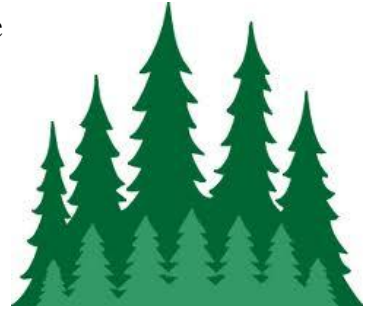


13th Annual DuPont Forest 12K Trail Race

To benefit DuPont State Forest



Location: DuPont State Forest, between Brevard and Hendersonville, NC

Date: March 30, 2013

Time: 10:00 AM

12K = 7.4 miles

Pre-register by:

March 29, 2013 Mail or in person or by March 28, 2013

online at:

www.imathlete.com/events/2013dupontforest12k

Entry Fees:

\$30 for pre-registered runners

\$35 for day of race registration

Make checks payable to Jus Running

Awards:

1st three overall male and female; 1st masters overall male and female; 1st three in each age group: 14 & under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over

Name: _____

Address: _____

Phone: _____

T-shirt Size (Unisex Sizing): S M L XL

Sex: M F

Date of Birth ___/___/___ **Age:** ____

Email: _____

Send to or drop by:

Jus Running
523 Merrimon Ave
Asheville, NC 28804
(828)252-7867, www.jusrunning.com

Or Online at:

<http://www.imathlete.com/events/2013dupontforest12k>

In consideration of the entry, I for myself, my heirs, and assigns, hereby release the sponsors, race workers, and officials of this race from any and all liability arising from illness and damages I may suffer as a result of participation in such event. I attest that I am physically fit and have sufficiently trained for this event and am aware that participation in any of these events could, in some circumstances, result in severe soreness or injury. I also give permission for free use of my name and picture in any broadcast/telecast or written account of the event. I understand that the entry fee I pay is non-refundable. Should race officials determine that the completion of this event would be injurious to my health, I consent to be removed from the course and treated by the physician in attendance of their direction.

Signature: _____

Signature of parent/guardian if under 18 years of age: _____