



**To benefit the Essex County Trail Association –  
help us to preserve and maintain the beautiful trails in our communities!**

**15th Annual 5 Mile or 10 Mile  
“Run for the Trails”  
September 21, 2019**

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In consideration of this entry being accepted, I do hereby waive and release the race organizers, sponsoring organizations and companies and their agents, land owners, representatives and successors and the town and the state where the event is being held from all claim of action which I may at any time acquire as a result of my participation in this event. I understand this is a potentially dangerous activity and have trained sufficiently and understand the inherent risks involved. Registration is non-refundable.

**Please note: Online waivers are not acceptable for minors. All minors must print this form, have it signed by a parent or legal guardian and submit it to race organizers at the registration table.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature for Participants Under 18 \_\_\_\_\_