

Mountain Avenue Mile

**August 09, 2007 Thursday Evening
6:30 PM
Downtown Fort Collins**

The Mountain Avenue Mile is a part of Americas Downtown Mile Race Series. The series is celebrating health and community in America's unique downtown districts.

The race series invites people of all ages and abilities to participate in seven mile races in seven distinct downtown districts. The cities involved in the series are Fort Collins, Boulder, Aspen, Greeley, and Vail Colorado, Minneapolis Minnesota, and Boise Idaho.

Race Schedule

	Wave:	Sponsored by:	Start Time:
Wave #1 (no dogs or strollers) all ages	FUNRUN(non-competitive)	Rio Grande Restaurant	6:30pm
Wave #2 (19 and under)	Boys/Girls Competitive	Runners Roost	6:45pm
Wave #3 (women over 40/ men over 50)	Beauty and Beast	Amara Massage	6:55pm
Wave #4 (men 40-49)	Male Masters	Cafe Mexicali	7:05pm
Wave #5 (women 20-40)	Open Women	Jane	7:15pm
Wave #6 (men 20-40)	Open Men	Anaerobic Management	7:25pm

Race Course:

Start is on Mountain Avenue Mile just East of Shields

Run down North side of Mountain Avenue to Mason

Turn left onto Mason just before the train tracks

Finish just North of Laporte at 215 North Mason

All proceeds from the Mountain Avenue Mile are used to fund "Beyond the Mirror" Outreach programs and the Northern Colorado Running Foundation.

Beyond the Mirror is an organization that counsel and educates individuals who are experiencing struggles with food, body image and disordered eating. Outreach is FREE for all public schools. Presentations are given to students on eating disorders and body image.

The Northern Colorado Running Foundation is a non-profit that support running events in Northern Colorado.

Post Race Awards and Party 7:45pm Rio Grande Ballroom

Registration:

Registration Form

Name _____
Address _____
City _____ State _____ Zip _____
Age _____
Sex: M F

Wave: 1 2 3 4 5 6

Registration Fees:

Pre-registration	\$10
Race Day	\$15
Jr High/High School Teams	\$25
T-Shirt	\$5
Total _____	

Checks Payable to: **Mountain Avenue Mile**

Registration available on active.com
Runners Roost Fort Collins
Foot of the Rockies
Mail-in-entries
Mountain Avenue Mile
300 E. Elizabeth Street
Fort Collins, CO 80524

Waiver

In consideration of the acceptance of my entry, I, the undersigned participant for myself, my family members, heirs, administrators, personal representatives, successors and assigns, hereby fully release, discharge and hold harmless all sponsors, including Mountain Avenue Mile, City of Fort Collins, Runners Roost, Northern Colorado Running Foundation, volunteers, any sponsors, owners and operators of event motor vehicles and/or bicycles and officers, directors, employees, race officials and lessors or any of the foregoing persons or entities from any and all liability, whether resulting from negligence of any aspect of the Mountain Avenue Mile, including any pre-race or post-race activities. I also expressly covenant with the aforementioned persons and entities, not to use any such persons for any activity, including the negligence of any such person or entities. I certify and represent by my application for entry that my physical condition is adequate to compete safely in the Mountain Avenue Mile, and I hereby acknowledge that the above persons and entities have no obligation to provide medical care and have not undertaken the responsibility to do so. In the event I receive medical care as a result of a medical emergency, I hereby consent to such care and fully release the person(s) providing such care from any and all liability, whether resulting from negligence or otherwise. I hereby certify that I have fully read and understand the foregoing release, and waiver and covenant not to sue and sign it knowingly, willingly, and voluntarily.

Signature

Date