



Sunday, November 30, 2014
9 a.m. Race Start
(Registration Begins at 7 a.m.)
at the Freeman Fitness Center
(302) 539-4511

Registration, race start, finish and awards presentation are held at the Freeman Fitness Center, located one mile west of Route 1 and Sea Colony Marketplace. The first 200 participants receive a race t-shirts. Post race refreshments and an award ceremony will follow the race at the Freeman Fitness Center. For more information about participation and sponsorships, call (302) 539-4511.

Participant Information:

Name: _____ **Age:** _____
Gender: Male Female **T-Shirt Size:** S M L XL XXL
Address: _____
Phone: _____ **E-Mail:** _____

Health Information: Do you have any medical conditions that may limit your participation in this event or feel the director should know about? Please give details including limitations and special precautions.

Payment: \$_____ Please make checks payable to the Sea Colony Recreational Association

Checks may be brought to the Freeman Fitness Center or mailed to: P.O. Box 480 Bethany Beach, DE 19930
 You will receive a confirmation e-mail when your check has been received.

\$25 Pre-Registration Fee (check must be received by November 14)

\$30 Registration Fee after November 14

Participant Release Form

By signing below, the undersigned ("permitted user") hereby agrees to follow all rules and regulations now in force or in the future adopted by Sea Colony Recreational Association, Inc. ("Sea Colony"), including, but not limited to, rules and regulations for the Freeman Fitness Center at Sea Colony ("Fitness Center") with regard to hours of operation, use of equipment and facilities, personal hygiene and attire. Sea Colony reserves the right to revoke or suspend the permitted user's privileges should the permitted user fail to follow any rules and regulations, if Sea Colony determines that the actions of such permitted user endangers him/herself or other persons or if the permitted user becomes a nuisance, disturbs other members or engages in offensive, inappropriate or criminal conduct.

The permitted user represents that he or she is in good physical condition and is able to use the equipment provided and participate in the fitness programs provided by Sea Colony at the Fitness Center. The permitted user understands and agrees that in participating in one or more of the Fitness Center programs, or using facilities maintained by Sea Colony, there is the possibility of accidental or other physical injury. Sea Colony and its managing agent, ResortQuest Delaware, LLC, represent that their personnel are trained in providing instruction in the proper use of the Fitness Center equipment. Sea Colony and ResortQuest Delaware, LLC personnel have no expertise in diagnosing, examining, or treating medical conditions of any kind or in determining the effect of any specific physical activities on said medical condition. The permitted user further agrees to assume the risk of injury and to indemnify Sea Colony, ResortQuest Delaware, LLC, other affiliated companies and any parent and subsidiary companies, and their respective directors, officers, owners, members, agents, attorneys, and employees from any and all actions, causes of action, claims, demands and/or consequential, punitive and exemplary damages, whether known or unknown, now or hereafter existing, arising from or relating to the use of Sea Colony facilities, including the Fitness Center equipment, or to instructions offered by personnel in the Fitness Center.

 Signature (Parent or Guardian)

 Date