

ENTRY FORM

Name _____

Street Address _____

City _____

State _____ Zip _____

Phone _____

E-Mail _____

Age _____ Sex _____

_____ I will be participating in the 4 Mile Trail Race.

_____ I will be participating in the 9 Mile Trail Race.

_____ I will be participating in the free Kid Race
for ages 7–14 years old.

_____ I will be participating in the Citizen Race.

_____ I will be participating in the Sport Race.

_____ I will be participating in the Expert Race

**EVERY PARTICIPANT NEEDS
AN ENTRY FORM!**

Fees

Ages 18 and under Race for Free

Preregistered by October 1st \$8

Race Day \$10

Payment

Make checks payable to: Black's Grove Trail
Builders

Mail check and registration form to:

Black's Grove Trail Riders

700 Wells Ave

Sebek, MN 56477

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700 Wells Ave
Sebek, MN 56477

Gnarl Of The North Mountain Bike and Trail Race



Sunday, October 19th, 2019

www.blacksgrove.com

2019 Gnarl Of The North
Mountain Bike and Trail Race

Location

Black's Grove Park, Wadena MN.

Google Map URL: <https://goo.gl/ZktMFK>



Course

Off-road mountain bike race, includes single-track and ski trails.

Date and Start Times

Races will take place on Sunday, October 19st 2019. Preregister by mail. On-site registration will also be available. Race starting times are as follows:

9:00 am:	4 Mile Trail Race
9:00 am:	9 Mile Trail Race
10:00am:	Kid Race
11:00 am:	Sport
11:15 am:	Citizen
12:00 pm:	Expert Race

Race Events

4 M Trail Race	Race is roughly 4 miles, 1 lap on the short course
9 M Trail Race	Race is roughly 9 miles, 1 lap on the long course
Kid Race:	Race for kids ages 7 to 14 years old. Race is short and relatively flat.
Citizen Race:	6 Miles of Single track and Ski Trails
Sports Race	12 Miles of mostly singletrack and some ski trails
Expert Race	18 Miles of mostly singletrack and some ski trails

Bike Race Awards

Awards for each race event are as follows:

Kid Race: Every participant will receive a medal.

Top Male and Female Finishers in Citizen, Sport, and Expert each Receive a Black's Grove Gear

Top three racers in each age group will receive a woodal/medal. The age groups are as follows:

- 29 and under
- 30 to 39
- 40 to 49
- 50+

Trail Race Awards

Top Male and Female Finishers in 4 mile and 9 mile each Receive a Black's Grove Gear

Every finisher will receive a woodal/medal

WAIVER & ASSUMPTION OF RISK

WAIVER, RELEASE AND CONSENT

Please read, sign and return with entry. You cannot ride without a signed waiver.

I hereby acknowledge that I have voluntarily applied to participate in the Black's Grove River Crossing Mountain Bike Race and Trail Race. I understand that the activity of mountain biking involves risks and hazards and that I am fully capable of participating in the activities contracted for and willingly assume the risk of injury as my responsibility. I understand and agree that any bodily injury, death or loss of personal property and expenses thereof as a result of my negligence are my responsibility. I agree to release, absolve, indemnify and hold harmless the City of Wadena, the organizers, sponsors, municipalities, any or all of them, for any injury or death caused by or resulting from my participation in their activities associated with this event, whether or not such injury or death was caused by their negligence or from any other cause. This agreement shall serve as a release and assumption of risk from my heirs, executors and administrators for all members of my family, including any minors accompanying me.

I will wear an ANSI or Snell approved helmet when riding a bicycle during the Black's Grove River Crossing Mountain Bike Race and will obey all state traffic laws and regulations. I understand if I leave the marked trail I am no longer on the race.

I have carefully read this agreement and fully understand its contents. I am aware that I am releasing certain legal rights that I otherwise may have and enter into this contract on my own free will. I have read, understand and certify my compliance by my signature.

Signature

Name (Print)

If you are under 18 years old, the following must be signed by your parent or guardian.

I, being the parent or legal guardian of the above entrant, who is under the age of eighteen years, having read and understand this complete waiver, do hereby consent that the above mentioned entrant may participate in the Black's Grove River Crossing Mountain Bike Race activities. I do hereby adopt entirely the above recited "Waiver, Release and Consent".

Signature