

**Vol kswagen Iron Cross III Race Weekend Entry Form**  
**Michaux State Forest, PA**  
 October 15 & 16, 2005

Presented by High Speed Cycling, Yellow Breeches  
 Racing, and the Volkswagen Dealers of South  
 Central Pennsylvania

For complete race information & rules, see [www.highspeedcycling.com](http://www.highspeedcycling.com)

For on-line bike race registration, see [www.bikereg.com](http://www.bikereg.com)

For on-line run registration, see [www.runreg.com](http://www.runreg.com)

\*: Entry fees increase after pre-registration closes – save \$ and pre-register!

(1) Iron Cross Lite – A MABRA Cyclocross Series Event –  
 Saturday, October 15

Pre-registration closes at 5:00 pm Thursday, October 13

Category	Time (Min)	Start Time	Fee*	Prizes	Check race(s) you're doing
Men C	30	9:00 a.m.	\$20	Merchandise	
Women B	30	9:01 a.m.	\$20	Merchandise	
Men 35+	45	9:45 a.m.	\$20	\$ + Merchandise	
Men 45+	45	9:45 a.m.	\$20	\$ + Merchandise	
Juniors (under 18)	45	9:46 a.m.	\$10	Merchandise	
Men 55+	45	9:47 a.m.	\$20	Merchandise	
Men B	45	10:45 a.m.	\$20	Merchandise	
Lil' Belgians (Kids)	1 lap	11:45 a.m.	\$0	Merchandise	
Women A	45	12:15 p.m.	\$20	\$ + Merchandise	
Women 35+	45	12:16 p.m.	\$20	Merchandise	
Men A	60	1:15 p.m.	\$20	\$ + Merchandise	

(2) Volkswagen Iron Cross III – America's Longest 'cross Race -  
 Sunday, October 16

Pre-registration closes at 5:00 pm Friday, October 14

Category	Start Time	Fee*	Prizes	Check race you're doing
Men	9:00 a.m.	\$60	\$ + Merchandise	
Women	9:01 a.m.	\$60	\$ + Merchandise	
Duo – Male	9:02 a.m.	\$80	Merchandise	
Duo – Female	9:02 a.m.	\$80	Merchandise	
Duo- Co-Ed	9:02 a.m.	\$80	Merchandise	

3) Vol kswagen Iron Cross Country Trail Run –  
Sunday, October 16

Pre-registration closes at 5:00 pm Friday, October 14

Check race  
you're doing

Category	Start Time	Fee*	Prizes**	15km	30 km
Men 18-29	10:00 a.m.	\$40	Merchandise		
Men 30-39	10:00 a.m.	\$40	Merchandise		
Men 40+	10:00 a.m.	\$40	Merchandise		
Women 18-29	10:00 a.m.	\$40	Merchandise		
Women 30-39	10:00 a.m.	\$40	Merchandise		
Women 40+	10:00 a.m.	\$40	Merchandise		
Duo – Male	10:01 a.m.	\$60	Merchandise	No race	
Duo – Female	10:01 a.m.	\$60	Merchandise	No race	
Duo – Co-Ed	10:01 a.m.	\$60	Merchandise	No race	

\*\* : cash awards to top 3 males and female runners in the 15 and 30 km races.

(4) Iron Cross Gear and Race Lodging

Item	Fee	Size
Iron Cross cycling jersey	\$70	
Iron Cross bib shorts	\$68	
Bunkhouse lodging – Fri, Oct. 13	\$15	No size
Bunkhouse lodging – Sat. Oct. 14	\$15	No size

## (5) Liability Waiver and Racer Information

1. I ACKNOWLEDGE, agree, and represent that I understand the nature of Endurance Racing Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling, racing, and training are to be expected. I further agree and warrant that if at any time I believe the conditions unsafe, I will immediately discontinue further participation in the Activity.
  
2. Fully understand that: (a) BICYCLING INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
  
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, High Speed Cycling, and the Carlisle Family YMCA, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lesser of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESSCUE OPERATIONS AND FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OR RISK, AND INDEMNITY AGREEMENT, I or anyone on my behalf, makes a claim against any of the releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMELSS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.

I HAVE READ AND SIGNED THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

**Complete "Racer Information" below and submit payment (check made payable to "Carlisle Family YMCA – YBR") to Mark Laser at 21 Woodcrest Drive, Carlisle, PA 17013. Contact: 717-245-2423 or [woodcrest21@aol.com](mailto:woodcrest21@aol.com)**

### Racer Information:

Name:	
Team:	
Duo teammate's name:	
Race(s) entered:	
Gear or Lodging ordered:	
Street address:	
City, State, Zip:	
Telephone:	
E-mail:	
Emergency contact name:	
Emergency contact number:	
Racer signature:	
Parent signature (for juniors):	