

---

# Tough Enough

## Entry & Release

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather including rain (!!), high heat and/or humidity, traffic, and the conditions of the road or trail, all such risks being known and appreciated by me. I know that this event shall be an "open course," meaning that there will be no restrictions on vehicular traffic, and if I am participating in the ultra will involve crossing a major highway while fatigued; in all cases I assume full responsibility for my personal safety. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of Santa Barbara, the City of Goleta, the City of Solvang, the County of Santa Barbara, the State of California, RRCA and its employees and assigns, and all other sponsors or authorities, their representatives and successors from all claims of liabilities of any kind arising from my participation in this event. I also affirm that I understand that it would be a bitter sadness that would last the rest of our lives if someone was hurt or killed because he or she didn't take "open course" seriously. A quarter-second is all it takes.

### Ultramarathon individual entry

Print name: \_\_\_\_\_ Street: \_\_\_\_\_  
Sex: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Date: \_\_\_\_\_ Signature: \_\_\_\_\_

### Relay team entry. Five (or fewer) person teams. One point of contact, please.

Team name: \_\_\_\_\_  
Contact name: \_\_\_\_\_ Street: \_\_\_\_\_  
Sex: \_\_\_\_\_ City: \_\_\_\_\_  
Phone: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Size: \_\_\_\_\_

Runner name: \_\_\_\_\_ Runner name: \_\_\_\_\_  
Sex: \_\_\_\_\_ Size: \_\_\_\_\_ Sex: \_\_\_\_\_ Size: \_\_\_\_\_  
Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Runner name: \_\_\_\_\_ Runner name: \_\_\_\_\_  
Sex: \_\_\_\_\_ Size: \_\_\_\_\_ Sex: \_\_\_\_\_ Size: \_\_\_\_\_  
Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**\$44** person, **\$220** team. Checks payable to Hart (Jim) Kornell. All proceeds after expenses go to Direct Relief International. Mail completed forms to: TE, 2740 Williams Way, Santa Barbara, CA 93105