



# Merrell IceMan

Saturday 21 February 09

## Off-Road Run and Off-Road Duathlon

Cheques should be made payable to "Human Race". WE NO LONGER REQUIRE AN SAE TO BE SENT WITH YOUR ENTRY. Results will appear on the website, they will not be mailed out. Please read and sign the race declaration at the bottom of the form. Encashment of your cheque confirms your entry in the event. See our website for more information, race details, and results: [www.humanrace.co.uk](http://www.humanrace.co.uk) or you can email us: [info@humanrace.co.uk](mailto:info@humanrace.co.uk)

Details on this form will be stored on computer for future mailings and we will send you regular email updates on the event. However, if you do NOT want to receive email updates and race details please tick this box

Send entries to:

**Merrell IceMan 2009, 12 Southcote Avenue, Surbiton, Surrey KT5 9JW**

Off-road run (12k) £20

Off-road duathlon (10k, 15k, 5k) £43

First name ..... Surname ..... Male/Female (circle)

Address.....

.....

..... Postcode.....

Telephone (Day) ..... (Evening)..... (Mobile) .....

Email address .....

Date of birth ..... Age on 31/12/2009 ..... T-Shirt size: Small/Medium/Large/X-Large

Race category (tick ONE box only) Run (12k)  Duathlon (10k, 15k, 5k)

How did you get this form? Web/Email/Post/Friend/Other .....

Have you ever done a Human Race event before? Y/N If yes, which one? .....

What is your occupation?..... Your company name? .....

What make of shoes do you run in? ..... What make is your mobile? .....

What newspapers do you read? ..... What make of watch do you wear? .....

Do you want to make a donation to our official charity, LRF?  Would you like to be sent a fundraising pack?

(Please enclose a separate cheque payable to Leukaemia Research Fund)

### Race declaration:

I understand and agree that I participate in the event entirely at my own risk and that no responsibility whatsoever shall attach to any event sponsors, race directors, or any person involved in the organisation of the event for any injury, accidents, loss or damage suffered by me in, or by reason of the event, however such may be caused. I am HEALTHY and have no KNOWN medical condition. I have read and understand the above.

NOTE: all athletes must obey the Highway Code.

Signed ..... Date .....