

TEAM GUIDE



FROSTY MOSS **OLYMPIC DISCOVERY RELAY**

Saturday, February 29, 2020

FrostyMossRelay.com

Peninsula Adventure Sports, Port Angeles, WA
contact@peninsulaadventuresports.com

2020 Title Sponsor: 7 Cedars Casino



GET READY TO RELAY, FROSTY MOSS STYLE!

Welcome to the Green Season.

Frosty Mossers, prepare yourself for a full day of fun running across the North Olympic Peninsula. Frosty Moss Relay is 80-ish miles along the paved Olympic Discovery Trail, the singletrack Adventure Route, and a small amount of roadway. Expect big trees, ferny forests, mountain and saltwater views, and, of course, moss as far as the eye can see.

Also: Keep an eye out for banana slugs. Sometimes they show up where you least expect them!

This event guide will help your team get ready to relay. Please read it before arriving at the start line.

We like to think of Frosty Moss as an all-day running party. As your hosts, we want you to have an unforgettable experience. The Olympic Peninsula is a unique region with intense biodiversity and ever-changing microclimates. It's also a really fun place to be outside year-round.

We also value safety—yours and that of the communities we'll be traveling through. All roadways and trails are open to the public during Frosty Moss. Follow all traffic laws, drive safely, and be great examples of relay runner etiquette.

If you have any questions, message us via the Frosty Moss Relay Facebook page or email us at contact@peninsulaadventuresports.com.

See you on Leap Day!

Lorrie Mittmann and Tim Tucker
Frosty Moss Relay Co-Directors

Peninsula Adventure Sports

FrostyMossRelay.com - OatRun.org - GreatOatRun.org - BigHurtPA.com



TEAM CAPTAIN'S RESPONSIBILITIES

As the team captain, your job is to make sure your team is prepared for Frosty Moss Relay.

- **Meet as a team** in advance to review the event guide so everyone is aware of the rules, schedule, leg maps, exchange zone procedure, cutoff time, etc.
- **Complete the team roster** and bring it to packet pickup. Forms are at the end of this guide and on the website.
- **Get signed liability waivers from every team member** and bring them to packet pickup.

PACKET PICKUP

Frosty Moss Relay begins very early in the morning. Drive time from Port Angeles to the start line is about 60 minutes.

Team captains must attend the debrief/packet pickup on Friday, February 28. Stop anytime between 6 p.m. and 9 p.m.

Barhop Brewing & Artisan Pizza

124 Railroad Ave., Port Angeles (downtown, across from the Coho ferry dock)

IMPORTANT! BRING THESE ITEMS TO PACKET PICKUP & START LINE

Be prepared! Team captains should arrive with these items:

- ❑ **Team Roster:** Included at the end of this guide and downloadable at FrostyMossRelay.com. Complete all roster info in advance.
- ❑ **Liability Waivers:** Included at the end of this guide and on the website. Bring signed waivers for each team member.
- ❑ **Required Gear:** Reflective vest, headlamp or flashlight, blinkie light. Minimum one each per team. Ideally every runner will have their own set.

LODGING

7 Cedar Casino Resort will open in 2021!

In the meantime, check out these great resources to find lodging information:

- Visit Port Angeles, VisitPortAngeles.com
- Olympic Peninsula Visitor Bureau, OlympicPeninsula.org

RELAY DAY SCHEDULE & FINISH LINE CELEBRATION

Wave 1 (10.5 - 12 minute mile pace): 6:00 a.m. start. Check-in starts at 5:00 a.m.

Wave 2 (9.5 - 10.5 minute mile pace): 7:00 a.m. start. Check in starts at 6:15 a.m.

Wave 3 (8-9.5 minute mile pace): 8:00 a.m. start. Check in starts at 7:15 a.m.

Wave 4 (6 - 8 minute mile pace): 9:00 a.m. start. Check in starts at 8:15 a.m.

Location: Camp Creek Trailhead

Directions from Port Angeles: Hwy 101 west, past Lake Crescent, to approx MP212. Turn left at Cooper Ranch Road (Klahowya Campground is on your right). Volunteers will direct you to park along the road. Do not block road. **Drive time: Approximately 60 minutes.**

Google map: bit.ly/frostystart

Course cut offs:

Teams must reach the **end of Leg 7 by 4:00 p.m.** If your team does not arrive in time, you are required to skip the next race leg, and start again at the start of Leg 9 at Port Angeles Yacht Club.

Teams must reach the **end of end of Leg 12 by 8:00 p.m.** If your team does not arrive in time, you must go directly to the Finish Line to check in - then you go directly to the party!

Teams still running prior legs around cutoff time may also be sent to the finish line at the discretion of relay staff.

After-Relay Celebration at 7 Cedars Casino

6–9 p.m.: Pasta buffet, music, and awards at Club 7 in 7 Cedars Casino. **NOTE: 7 Cedars Casino and Club 7 are strictly 18-and-up facilities.** Teams arriving before 6:00 can opt to receive a voucher for the casino restaurant, or can wait until 6:00 to join the party. Teams arriving after 8:45 will receive a voucher to use at the casino restaurant.

REQUIRED GEAR

All teams are required to carry the following gear. Runners must use this gear at dark, in low-light conditions, and when running on roadways. Race personnel will check team gear at the start line.

- ☐ Reflective vest
- ☐ Headlamp or flashlight
- ☐ Blinkie light

RULES

Frosty Moss Relay goals: Have fun. Be safe.

Rules in a nutshell: Make good choices. Do no harm. Be cool.

Runners or support crews repeatedly violating rules, creating hazardous situations, or demonstrating unsporting behavior may be DQed and asked to leave the course at race directors'

discretion. No refunds will be made to DQed individuals or teams.

Teams must comply with officials from Frosty Moss Relay and those of the jurisdictions the relay travels through, including but not limited to: Clallam County, Olympic National Park, Washington Department of Natural Resources, Cities of Port Angeles/Sequim/Blyn, Jamestown S'Klallam Tribe, all law enforcement agencies (state patrol, tribal police, border patrol, etc.). Frosty Moss Relay officials include race directors, exchange crews, communications team, course marshals, parking monitors, and all other volunteers/staff.

Teams: Consist of 2-5 runners, as registered in advance. Teams of 2 or 3 will be considered one category for timing / awards. Teams of 4 or 5 will be considered one category for timing / awards.

Leave no trace. The Olympic Peninsula is an amazing place. Keep it clean and pristine. Use porta-potties and public restrooms. Carry all your trash with you. Pick up litter if you see it. We strongly encourage teams to carry reusable water bottles and minimize their overall trash footprint. Make it a team challenge to see how little trash you generate during relay day!

Team vehicles: Teams are limited to **one on-course vehicle**, ideally a van, minivan, or SUV. No motorhomes, limos, buses, or tow-behind trailers.

Team support vehicles or spectator vehicles are NOT permitted on Camp David Jr. Road (along first half of Leg 3).

Follow all rules of the road. Drivers must obey posted speed limits. Use extreme caution at exchange points: Watch out for people and vehicles. Park well off the roadway. If the exchange is crowded, park a safe distance away and walk to the exchange.

Team vehicle signs: Relay participant signs will be issued to each team vehicle and must be displayed on the dashboard.

Vehicle decorations: Teams are welcome to decorate their team vehicle, but your decor should be family-friendly and should not impede the driver's vision or overall safety. No obscene and/or derogatory vehicle decor (as determined by the race directors) will be allowed.

Race numbers: Must be worn on runner's front torso while on the course.

Relay baton: Must be carried by the active runner at all times throughout the relay.

DNF Cutoff: Teams must reach the **end of Leg 7 by 4:00 p.m.** If your team does not arrive in time, you are required to skip the next race leg, and start again at the start of Leg 9 at Port Angeles Yacht Club. Teams reaching the **end of Leg 12 (Railroad Bridge Park) after 8:00 p.m.** will be sent directly to the finish line. Teams farther behind will also be sent to the finish line when they reach the end of their leg. In these cases, teams will receive a DNF (no race time) but are encouraged to hit the party time to celebrate your mossy adventure.

Runner Rotation & Dropouts

- ❑ Runners must swap at every exchange zone. **Runners may not run consecutive legs.**
- ❑ Follow the rotation on the roster your team captain submits in advance to the race directors. If a runner drops out for any reason, the next runner in rotation takes over and the remaining runners continue to the finish (without the dropped runner). Teams must notify the next exchange monitor of the dropped runner and change in rotation. Monitors will in turn notify the relay directors.

Exchange Zone Procedure

- ❑ Waiting runner checks in with exchange monitor, who checks their bib number, marks the team as “ready,” and directs runner to the designated exchange zone.
- ❑ Returning and departing runners meet inside the exchange zone and swap the baton.
- ❑ Returning runner checks in with exchange monitor, who checks their bib number and marks the team as “leg complete.”

BEST EXCHANGE ZONE CONTEST! Runners will vote for their favorite exchange zone at the after-relay celebration.

Navigation: Runners should review their assigned legs in advance. MapMyRun links for each leg are posted on the Frosty Moss Course Overview page at FrostyMossRelay.com. We encourage you to bookmark AND print your assigned legs from MapMyRun. Download the GPS tracks to use on your favorite app. Cell coverage is unreliable.

If a runner makes a wrong turn, they must return to the course on foot to the point where the error occurred and resume the race. The course will be marked with signs, arrows, and confidence markers (streamers hung at possible wrong turns and other tricky spots). That said, things happen beyond our control, like rain or wind obliterating markings after it is too late to fix, or someone vandalizing our markings without our knowledge. **UPSHOT: YOU are ultimately responsible for navigating the course - we have provided you with all of the tools to do so. Team captains, this means you are also responsible to ensure that each of your team members knows their way.**

When running on the ODT or Adventure Route, run on the right. Call out your passing (“Passing on your left!”). Walkers and horseback riders have the right of way. Cyclists should give you the right of way but won’t always see/hear you around corners. Pay attention to your surroundings. You don’t want to surprise a bear or cougar.

On roadways, run on the left. Runners must run along the left shoulder of roadways unless instructed otherwise by a relay official or course marker.

If you encounter a horse and rider:

- STOP and MOVE ASIDE. Horses may view a running person as a predator and rear up or bolt.
- Stand at the downhill side of the trail. Leave ample space for the horse to pass.
- Greet the rider and let them know you will wait till they pass unless they instruct otherwise.
- Quietly wait while the horse passes you.
- When the horse is safely past, continue on your way.

Shadowing runners: Vehicles cannot trail, follow, shadow, or leapfrog their runners. Team vehicles may not stop along the course to provide support (food/drink/verbal encouragement). Runners should be self-sufficient with carry fluids, fuel, layers, reflective gear, and other essentials. Team vehicles may stop only at the designated exchange. Team vehicles MAY NOT stop on the road shoulder.

Pets: Pets are not allowed on the relay course, exchange zones, finish line, or after-race celebration.

Bicycles: Bicycles are not permitted, except for the on-course bike sweeps.

Headphones/earbuds: No headphones may be used when running along roadways. We strongly discourage headphones on the ODT and Adventure Route. If you do use them, the volume must be low enough that you can hear your footsteps and other people or animals around you. Remember: You are running in cougar country!

Inactive runners: Teammates and support crew must remain off the roadway and clear of the exchange zone.

Quiet zones: Be considerate of our communities. All legs and exchange zones during dark hours are designated quiet zones. No audible music outside support vehicles, no shouting or honking of horns, etc.

Cover up! Please be discreet when changing clothing or using the restroom, and pack out your trash, toilet paper, etc.

CELLPHONE, GAS & EMERGENCY INFO

CELL COVERAGE CAN BE SPOTTY TO NONEXISTENT ON THE OLYMPIC PENINSULA. Verizon offers the widest coverage, but you may still find yourself in areas with no cell service, particularly on the western half of the course. Be prepared with printouts of this guide and leg sheets!

Turn off international roaming. We're about 12 miles from our northern neighbors. Your phone may welcome you to Canada, especially in the first half of the course. International data charges add up fast!

Fuel your team vehicle before leaving for the start line. The last reliable gas station between Port Angeles and the start line is the Lower Elwha Food & Fuel on Hwy 101, 4.5 miles from downtown Port Angeles.

In Case of Emergency or Other Assistance

- For true emergencies (vehicle accident, major injury/health issue, etc.), dial 911.
- For other types of assistance on relay day, check in with an exchange zone or on-course volunteer, who will call a race director if necessary.

LEG OVERVIEW

Frosty Moss Relay is a certifiably uncertified course. Distances are based on MapMyRun, Strava, and GPS data. Your mileage may vary. Paved surface except where noted. **MapMyRun routes are linked on the Leg Overview page at [FrostyMossRelay.com](https://www.frostymossrelay.com).**

LEG	NAME	DISTANCE (Miles)	CUMULATIVE DISTANCE
1	START! Camp Creek Trailhead	6.2	6.2
2	FS2918 to exchange	2.9	9.1

3	Spruce Railroad Trail, Lake Crescent (pavement, gravel, trail, gravel)	10.8	19.9
4	Adventure Route #1 (gravel, trail)	8.8	28.7
5	Adventure Route #2 (trail)	8.6	37.3
6	Adventure Route #3 (trail)	6.8	44.1
7	Elwha River Crossing (4:00PM CUTOFF)	2.3	46.4
8	West Port Angeles	3.4	49.8
9	Port Angeles Waterfront	6.5	56.3
10	Deer Park to Old Olympic Hwy	4.3	60.6
11	Robin Hill Country Park	3.7	64.3
12	Dungeness River Railroad Bridge 8:00PM CUTOFF	3.8	68.1
13	City of Sequim	3.3	71.4
14	Sequim East	3.9	75.3
15	FINISH LINE IN BLYN!	3.3	78.6

LEG SHEETS: RUNNER MAPS AND DRIVING DIRECTIONS TO EXCHANGES

RUNNERS: The course will be marked, but signs can go missing. Runners should review their legs in advance.

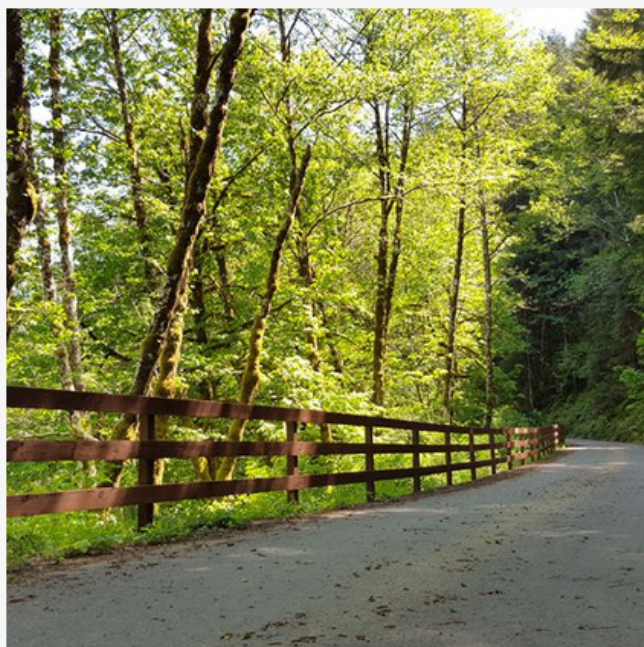
Links to MapMyRun for each leg are posted on the Frosty Moss Course Overview page at FrostyMossRelay.com. We encourage runners to bookmark and print their assigned legs from MapMyRun. Download the GPS tracks.

The following leg sheets offer runners a preview of each leg and help teams drive from one exchange to the next.

Leg sheet map is the runner's route, not the driving route! Driving route narrative is at the bottom of the Leg sheet.

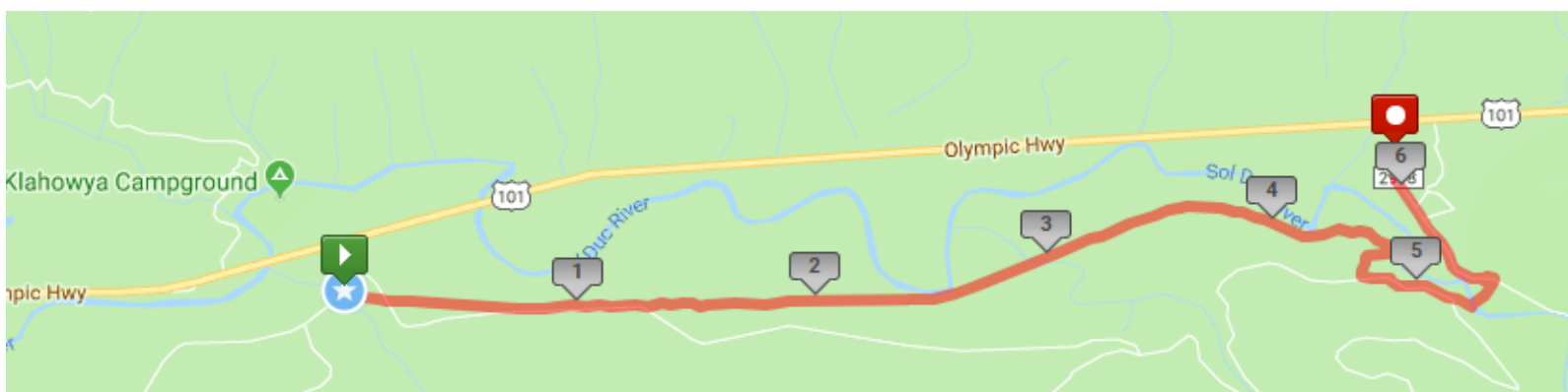


LEG 1



START LINE! ODT - CAMP CREEK TRAILHEAD

DISTANCE
6.16
miles
CLIMB
461 ft

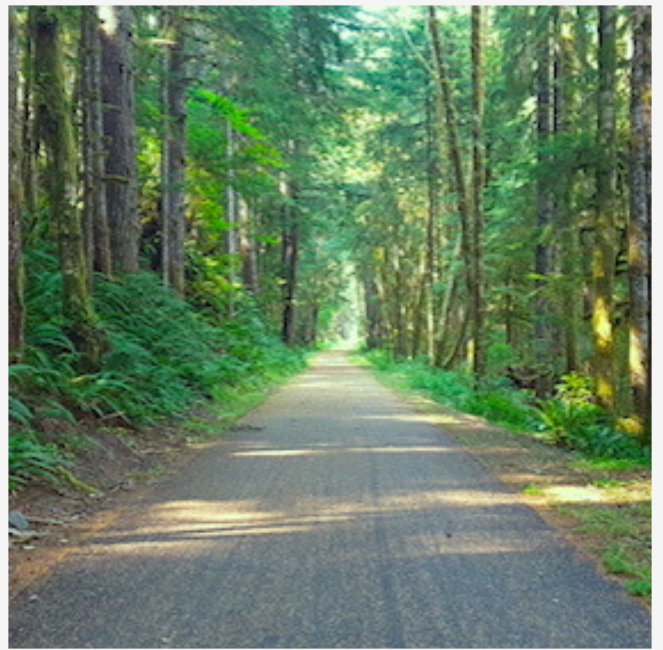


DRIVING DIRECTIONS TO NEXT TRANSITION

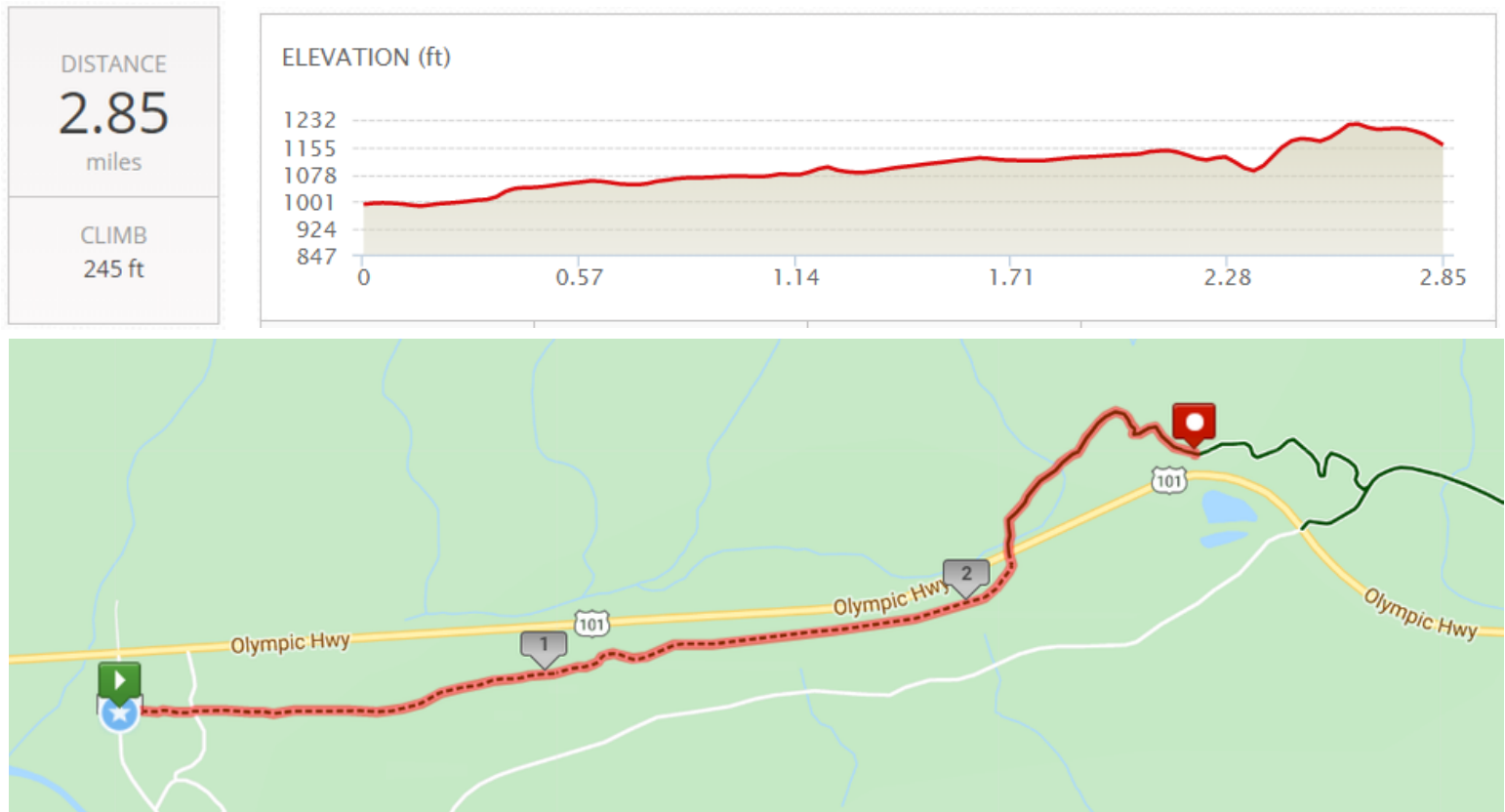
- From Camp Creek Trailhead, return to Hwy 101.
- Turn right and go east 4.5 miles.
- Turn right onto Forest Service Road 2918.
- You will see the Olympic Discovery Trail on the left, go just past this to park in a pullout & walk to Exchange Zone.



LEG 2



2918 ROAD TO EXCHANGE



DRIVING DIRECTIONS TO NEXT TRANSITION

- Return to Hwy 101. Turn right and go east 2.5 miles (if you reach Sol Duc Road you have gone too far)
- Turn left onto nondescript road (watch for sign & volunteer)

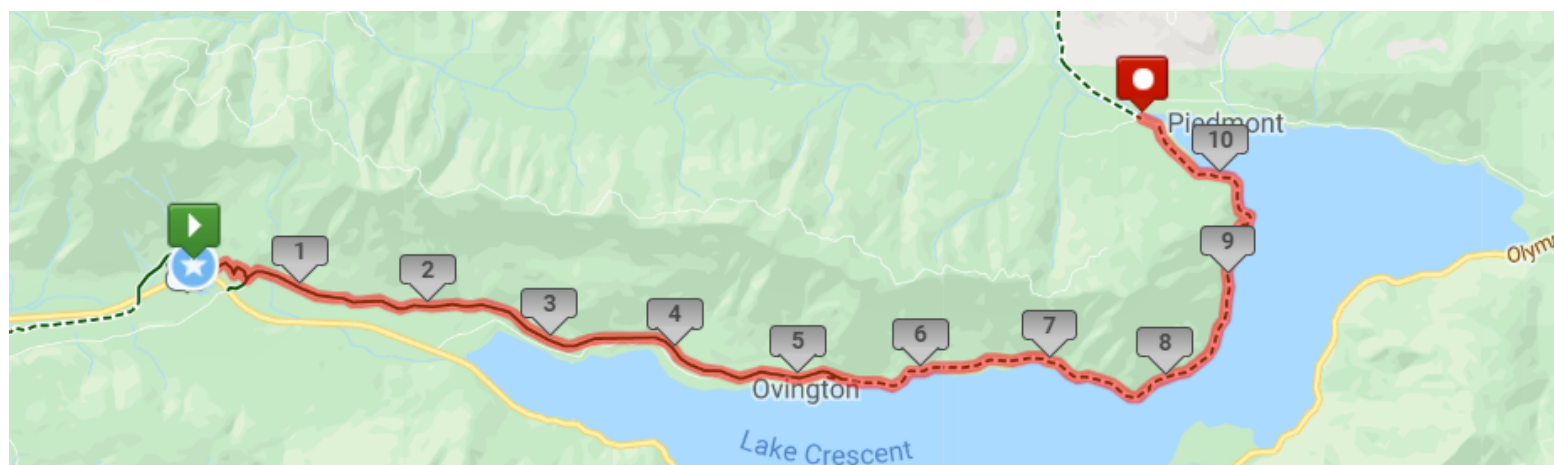
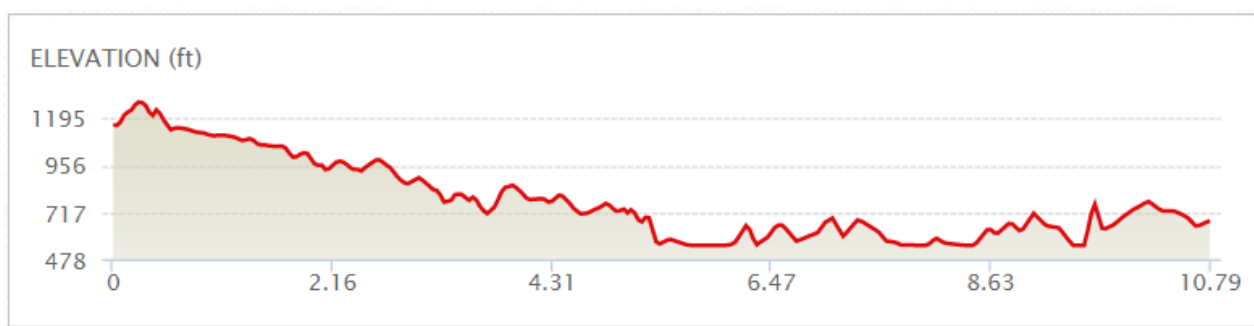


LEG 3



EXCHANGE TO SPRUCE RAILROAD TRAILHEAD

DISTANCE
10.79
miles
CLIMB
798 ft

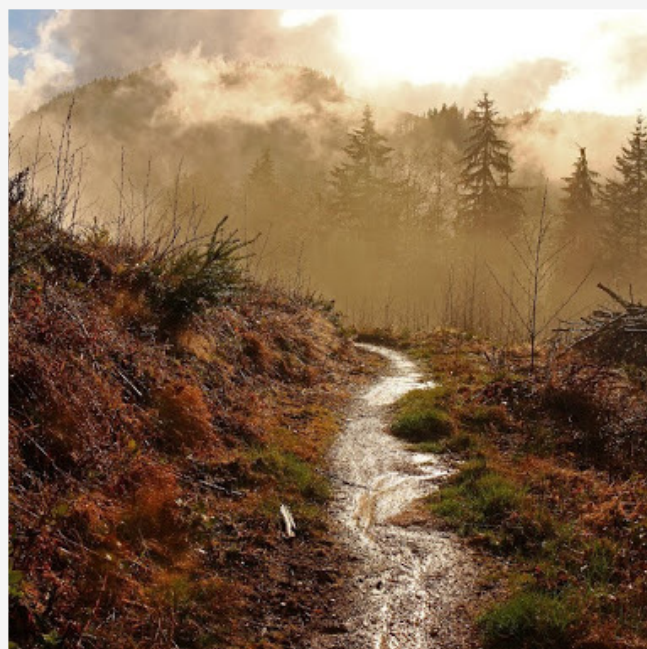


DRIVING DIRECTIONS TO NEXT TRANSITION

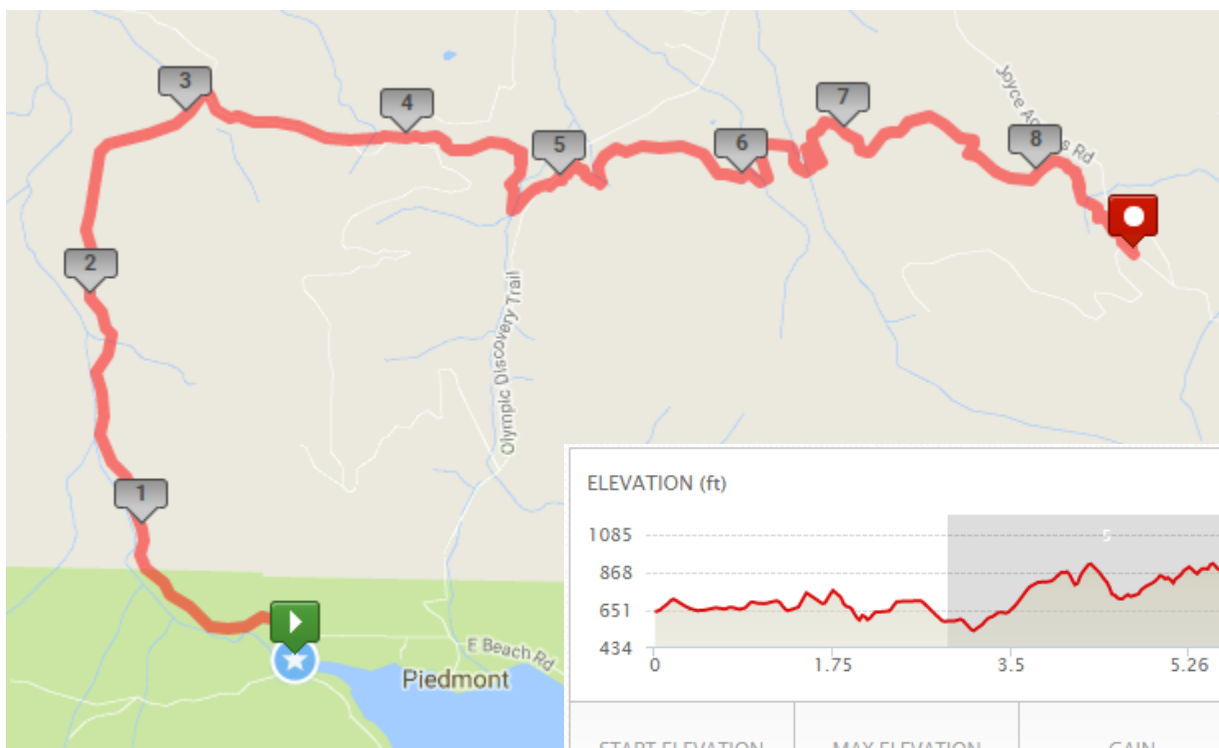
- Go east on Hwy 101 for 12.8 miles.
- Turn left onto East Beach Rd. Go 3.2 mi.
- Turn left to stay on E. Beach Rd (sign to Spruce Railroad Trail).
- Go another 0.7 mi to Spruce Railroad Trail parking lot. Just before parking lot you will pass a gravel road just east of Lyre River, the intersection is the transition.



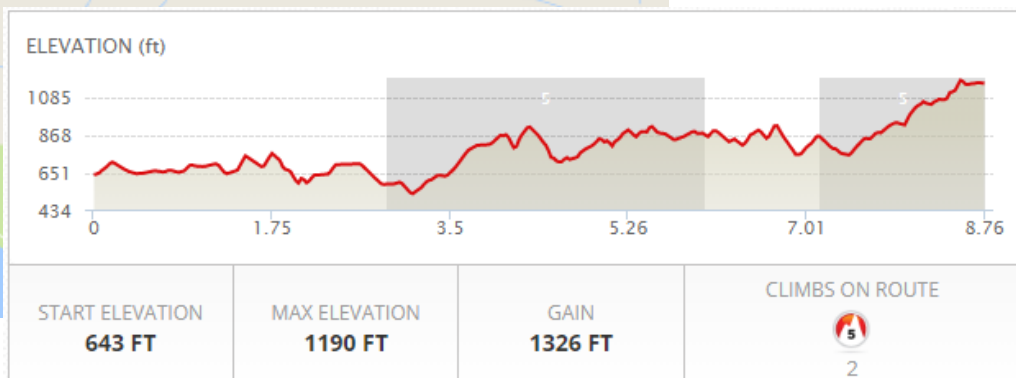
LEG 4



SPRUCE RAILROAD TRAILHEAD TO ADVENTURE TRAIL MILE 16.1



DISTANCE
8.76
miles

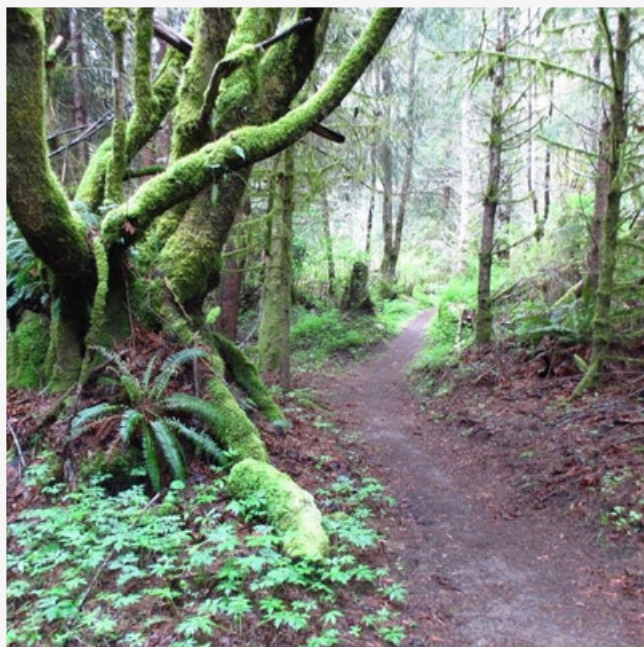


DRIVING DIRECTIONS TO NEXT TRANSITION

- Return east on East Beach Rd for 0.7 mi.; turn left onto Joyce-Piedmont Rd.
- Go 4.2 mi, then take a hard right onto Joyce-Access Rd (gravel logging road) behind the school.
- Go 1.8 mile to a road junction. Park at the junction and walk west on gravel road. Go around the gate for a short walk to hand-off at the trail.

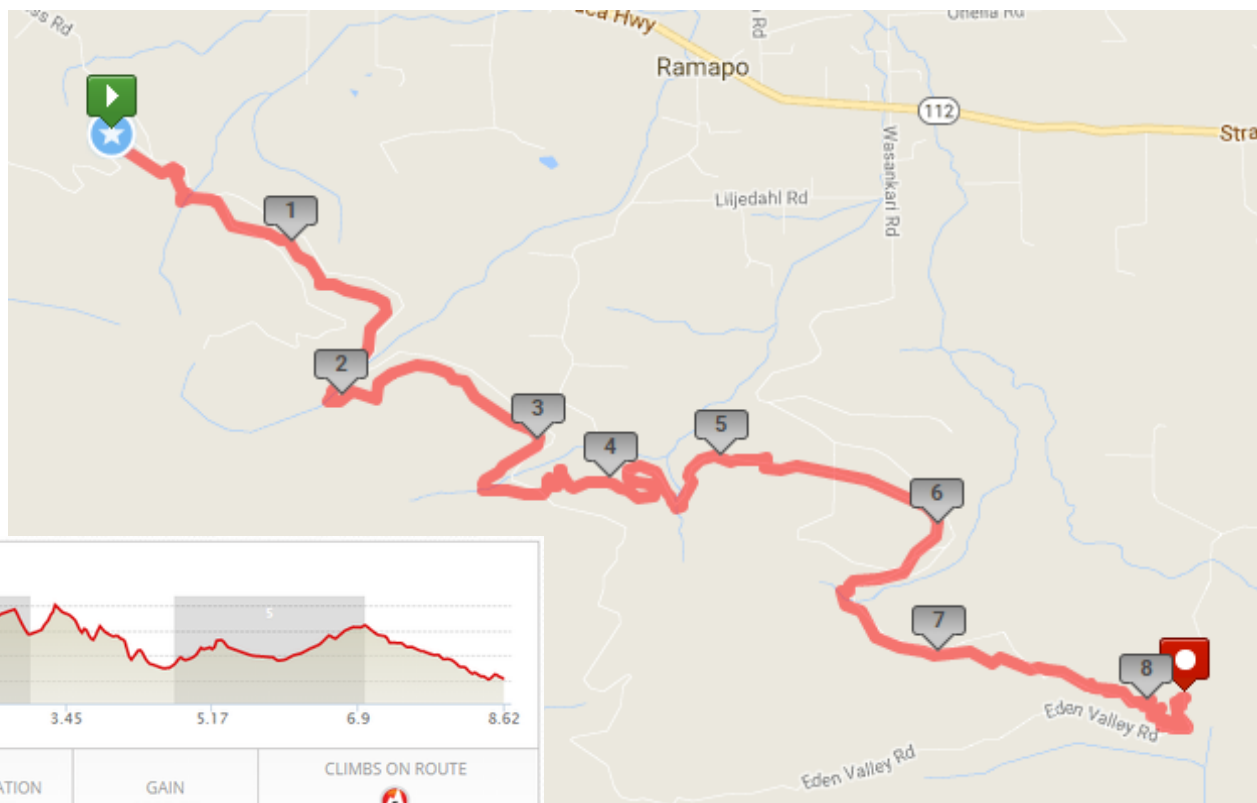


LEG 5



ADVENTURE TRAIL MILE 16.1 TO EDEN VALLEY ROAD

DISTANCE
8.62
miles
RUN
CLIMB
1303 ft



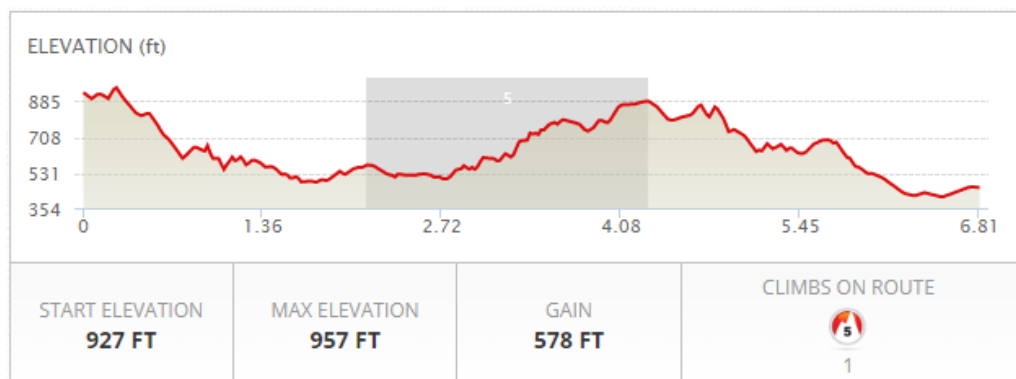
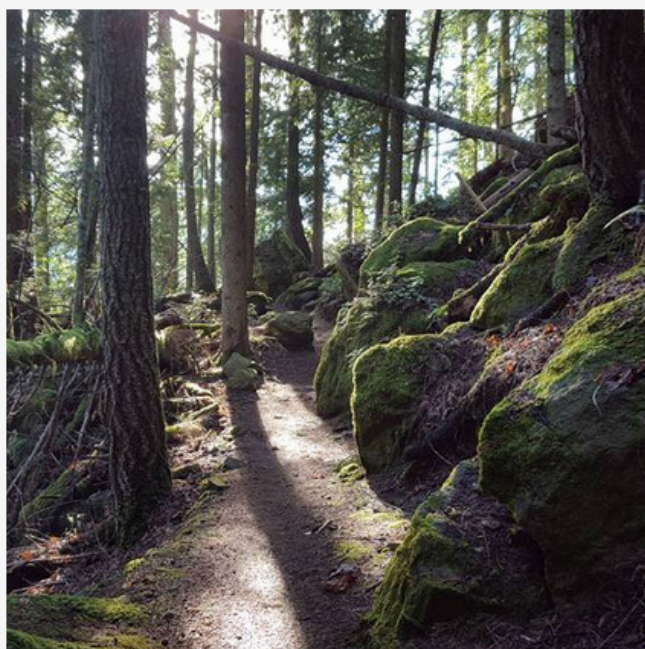
DRIVING DIRECTIONS TO NEXT TRANSITION

- Go back down Joyce-Access Road to Joyce-Piedmont Road.
- Turn right onto Joyce-Piedmont Road, then right onto Hwy 112.
- Go east on Hwy 112 for 7.2 miles, then turn right onto Eden Valley Road.
- In 3.5 miles, just after the county road ends, you will see the Adventure Trail on the right. Go past the trail a bit and park at a pullout on the left and walk back to the trail for the transition.

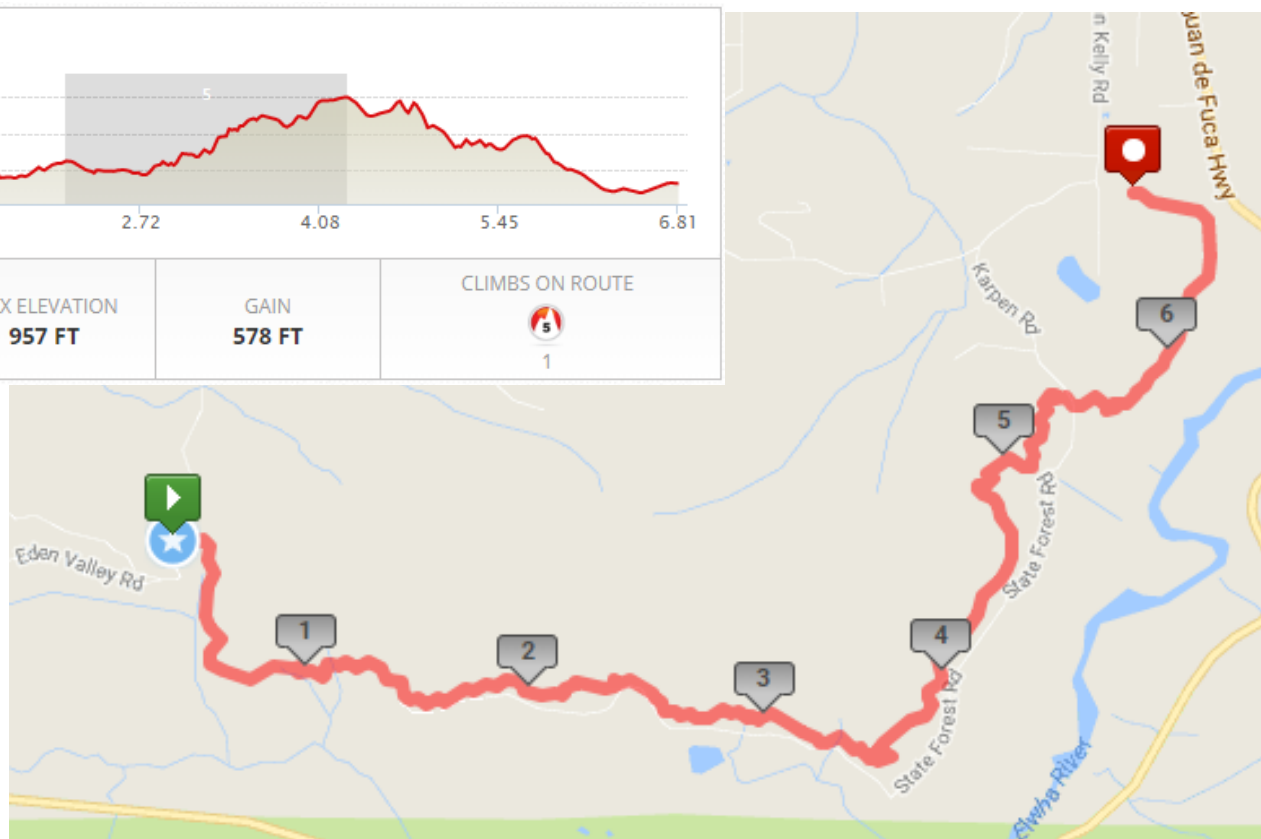


LEG 6

ADVENTURE TRAIL EDEN VALLEY ROAD TO DAN KELLY ROAD HORSE TRAILER PARKING LOT



DISTANCE
6.81
miles
RUN
CLIMB
578 ft



DRIVING DIRECTIONS TO NEXT TRANSITION

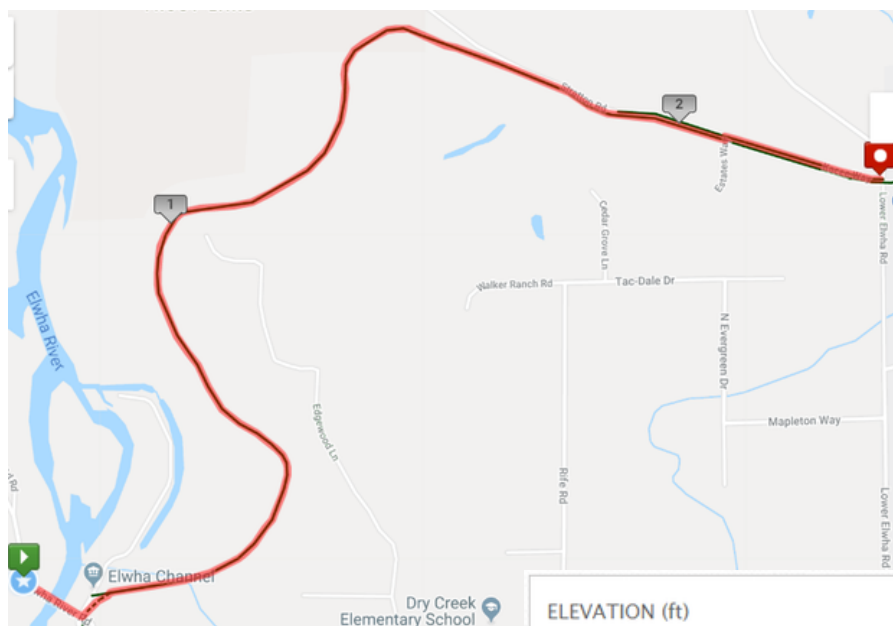
- Go 1.7 miles back down Eden Valley Road, then veer right onto Dan Kelly Road.
- In 2.4 miles turn right onto Colville Road and then immediately into the Horse Trailer Parking Lot.
- Follow under the power line to the second lot.



LEG 7



ELWHA RIVER BRIDGE TO KAYCEE WAY (LOWER ELWHA ROAD)



DISTANCE
2.34
miles

CLIMB
280 ft

ELEVATION (ft)



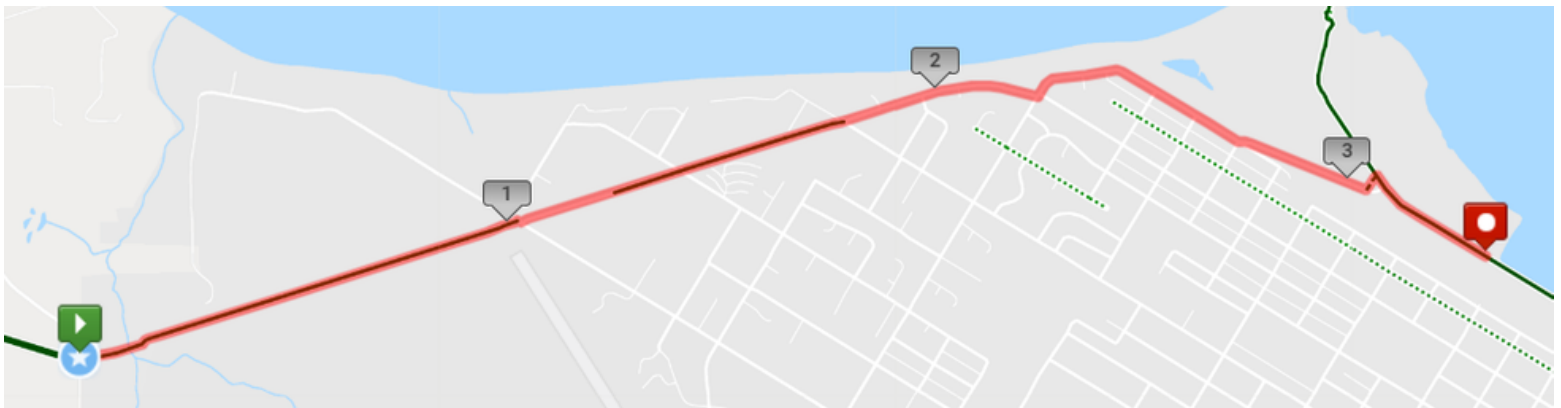
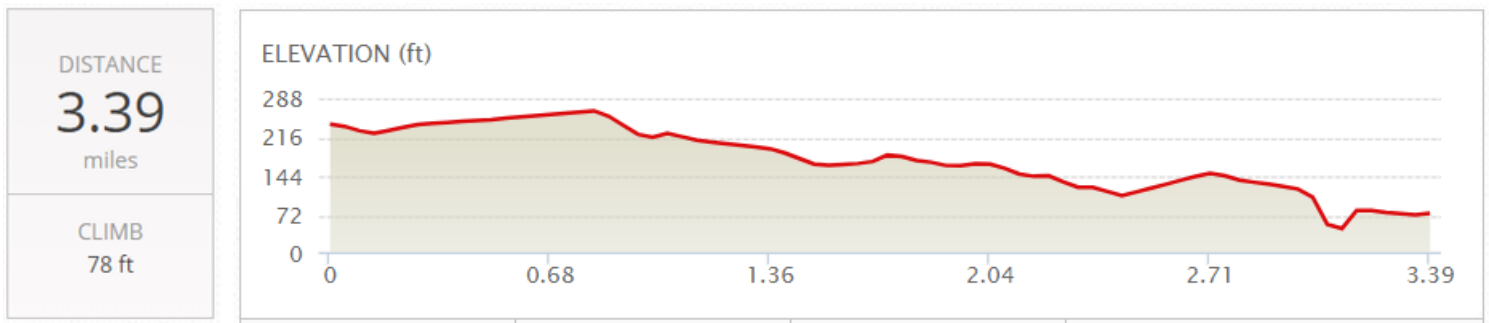
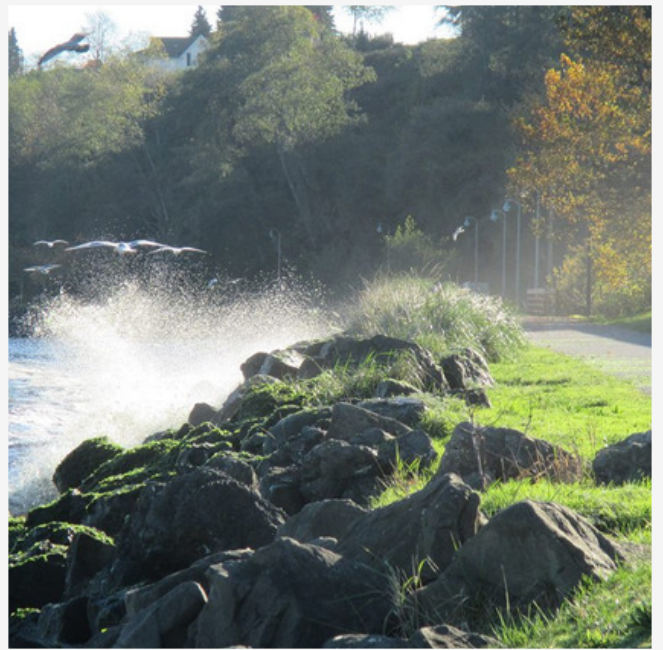
DRIVING DIRECTIONS TO NEXT TRANSITION

- Leave the Horse Trailer Lot, and drive your Leg 7 runner to the start of their leg at the Elwha River Bridge:
- Go north on Dan Kelly Rd. 2 miles to Hwy 112. Turn right, then take first left onto Elwha River Rd. Go about 1 mile and drop your runner at the west side of the bridge - follow volunteer instructions. You have 30 seconds to drop off, so make sure your runner is ready to hop out.
- After drop off, continue another mile east on Elwha River Road, then turn left onto Laird Road.
- In about 0.5 mile after the curve, turn left onto Lower Elwha Rd and in 0.8 miles you will see the drop off point on the right.



LEG 8

KAYCEE WAY TRAILHEAD (LOWER ELWHA ROAD) TO PORT ANGELES YACHT CLUB



DRIVING DIRECTIONS TO NEXT TRANSITION

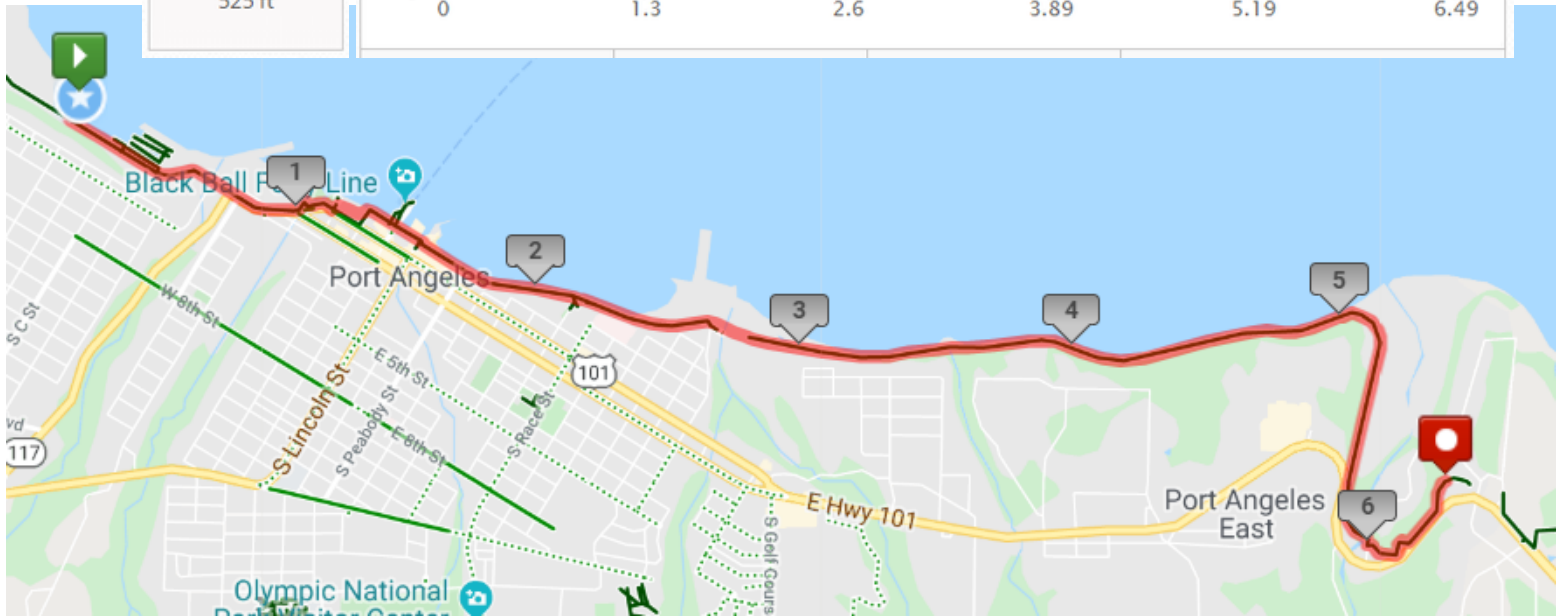
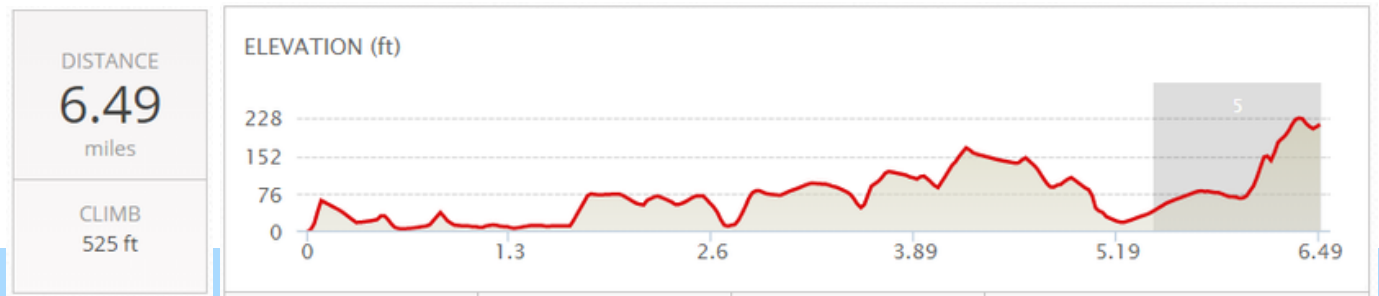
- From Lower Elwha Road exchange, go back south (the way you came) 0.7 miles to Edgewood Drive.
- Turn left onto Edgewood Drive.
- In 1.7 mi Edgewood Drive turns into Lauridsen Blvd.
- Continue 1.4 mi to Tumwater Truck Route. Turn left and at bottom turn left onto Marine Drive.
- In 0.7 miles the Yacht Club will be on your right at 1305 Marine Dr.



LEG 9



PORT ANGELES YACHT CLUB TO DEER PARK REST STOP



DRIVING DIRECTIONS TO NEXT TRANSITION

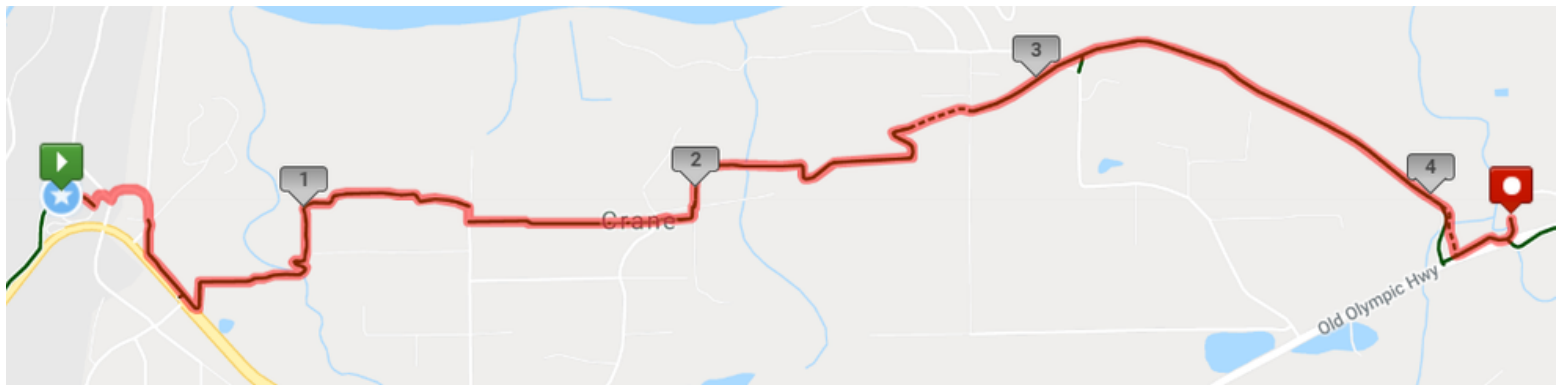
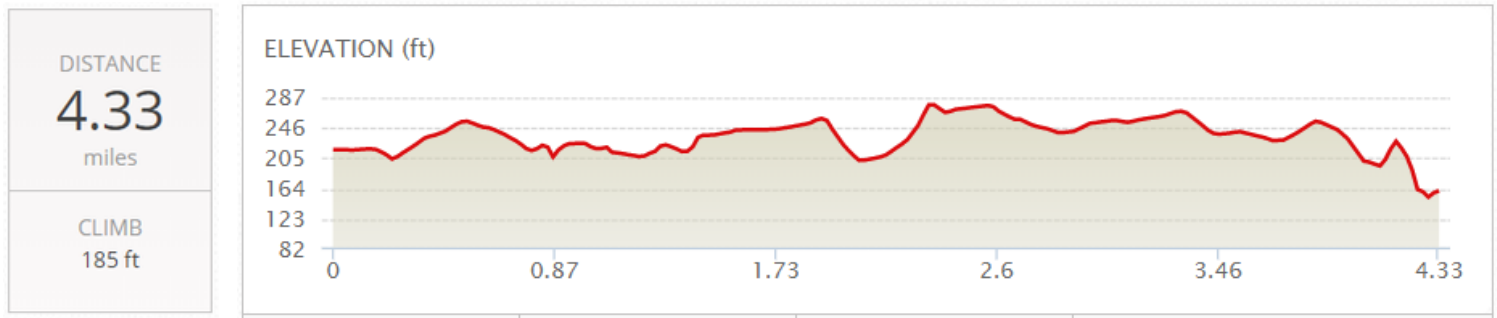
- From Port Angeles Yacht Club, head east on Marine Drive, which turns into First Street for a total of 6.3 miles to Deer Park Road.
- Turn right onto Deer Park Road, then right again after the cinema.
- Follow this through the Hwy 101 underpass.
- Turn left onto Scenic View drive to the Rest Stop. Park in the parking lot then walk north to get to the Olympic Discovery Trail (exchange)



LEG 10



DEER PARK REST STOP TO OLD OLYMPIC HWY/SIEBERT CREEK



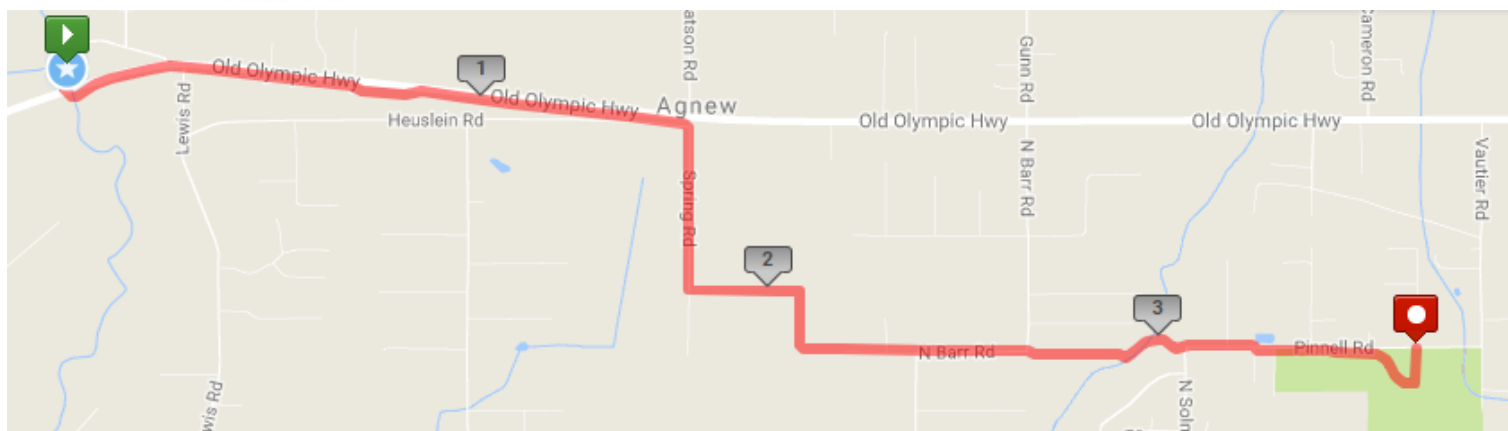
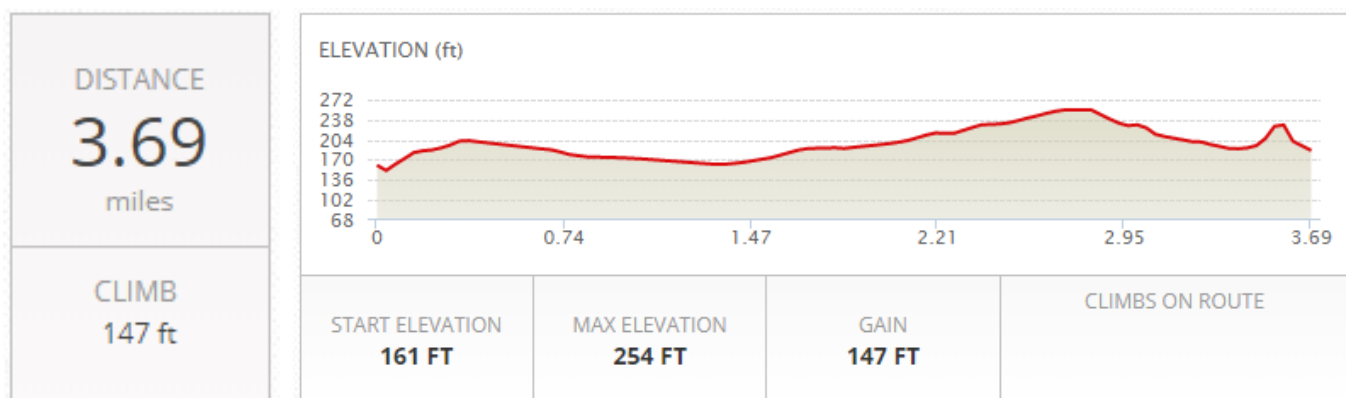
DRIVING DIRECTIONS TO NEXT TRANSITION

- Go back through the underpass and return to Deer Park Road.
- Turn left onto Deer Park Road to Hwy 101, turn right and go 2.2 mi.
- Turn left onto Old Olympic Hwy, then go 1.5 miles to Wild Current Way. Turn left and go 0.2 to dead end in a parking lot.
- Walk down to the bridge to the exchange.



LEG 11

OLD OLYMPIC HWY/SIEBERT CREEK TO ROBIN HILL COUNTY PARK



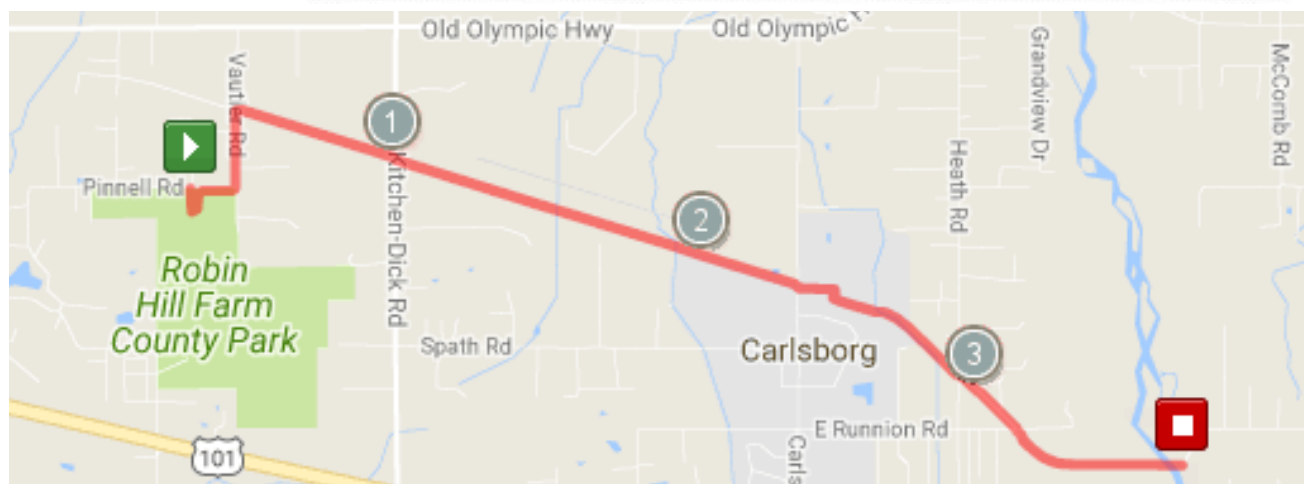
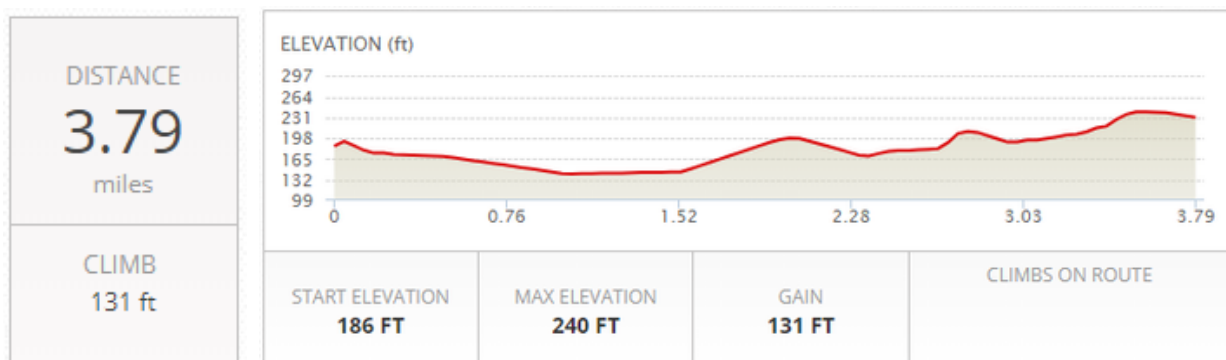
DRIVING DIRECTIONS TO NEXT TRANSITION

- From Wild Currant Way, return to Old Olympic Highway.
- Turn left and go 2.9 miles.
- Turn right onto Vautier Road and go 0.5 miles.
- Turn right onto Pinnell Road, Robin Hill Park lot is on the left in 0.1 miles.



LEG 12

ROBIN HILL COUNTY PARK TO RAILROAD BRIDGE PARK



DRIVING DIRECTIONS TO NEXT TRANSITION

- Go east out of Robin Hill Park on Pinnell Rd.
- Turn left to onto Vautier Rd. In 0.5 mi, turn right onto Old Olympic Hwy.
- After 2.2 mi, turn right to stay on Old Olympic.
- After 2.5 miles, turn right onto Kendall Rd.
- In 0.5 mi. turn right onto Hendrickson Rd and continue into Railroad Bridge Park.

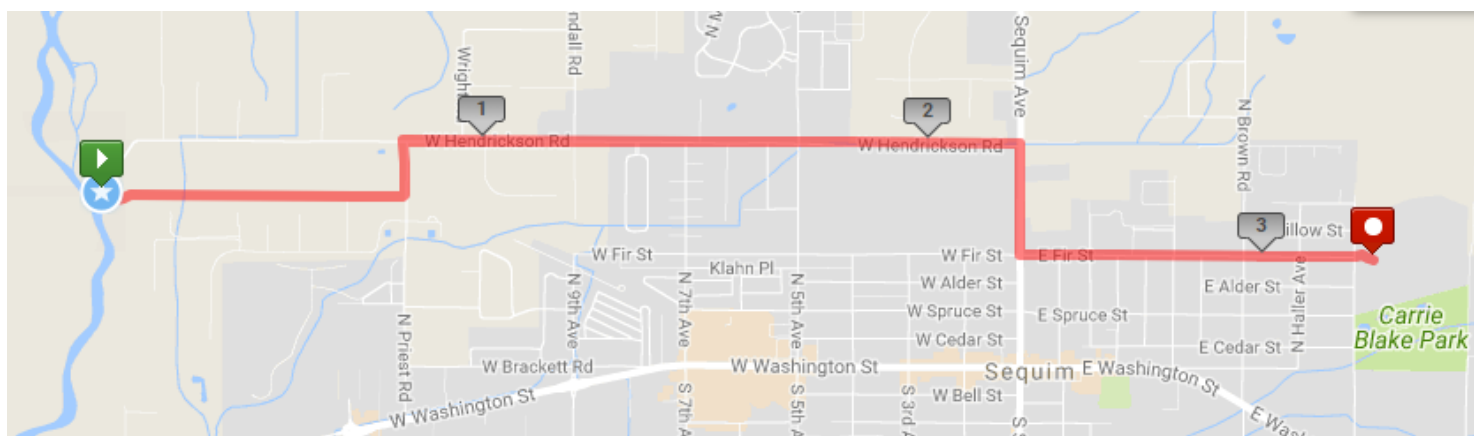
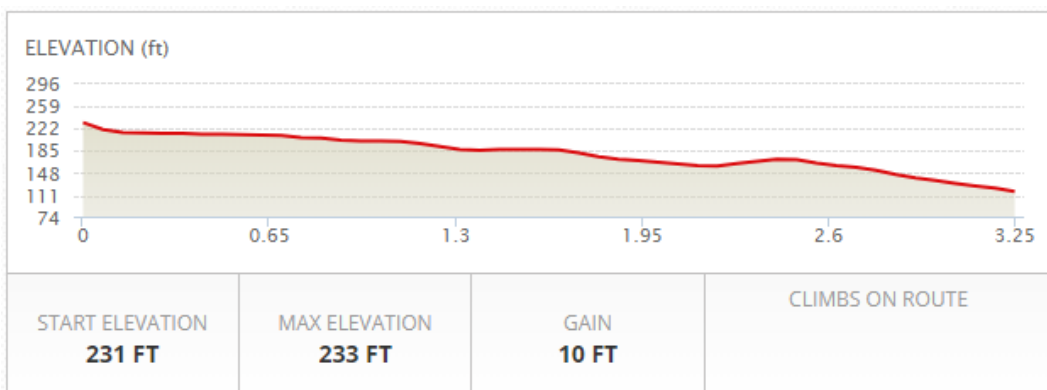


LEG 13



RAILROAD BRIDGE PARK TO CARRIE BLAKE PARK

DISTANCE
3.25
miles
CLIMB
10 ft



DRIVING DIRECTIONS TO NEXT TRANSITION

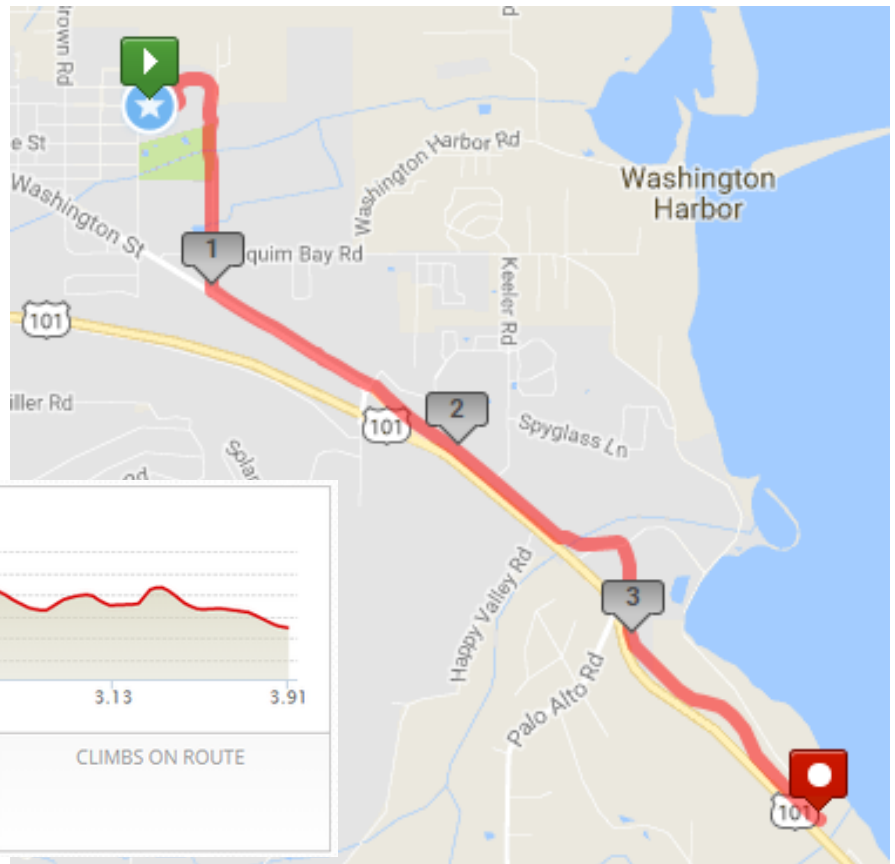
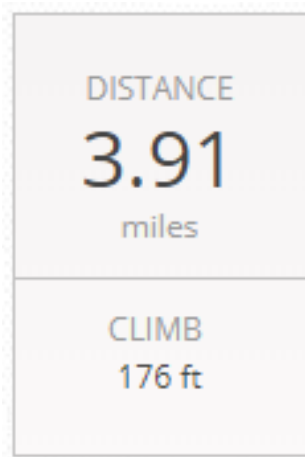
- From Railroad Bridge Park, go east on Hendrickson Road.
- Follow Hendrickson 2 miles to Sequim Avenue.
- Turn right on Sequim Ave, then left at first cross street onto E. Fir St.
- Follow Fir for 0.7 miles, then cross N. Blake Ave. into Carrie Blake Park.



LEG 14



CARRIE BLAKE PARK TO WEST SEQUIM BAY ROAD



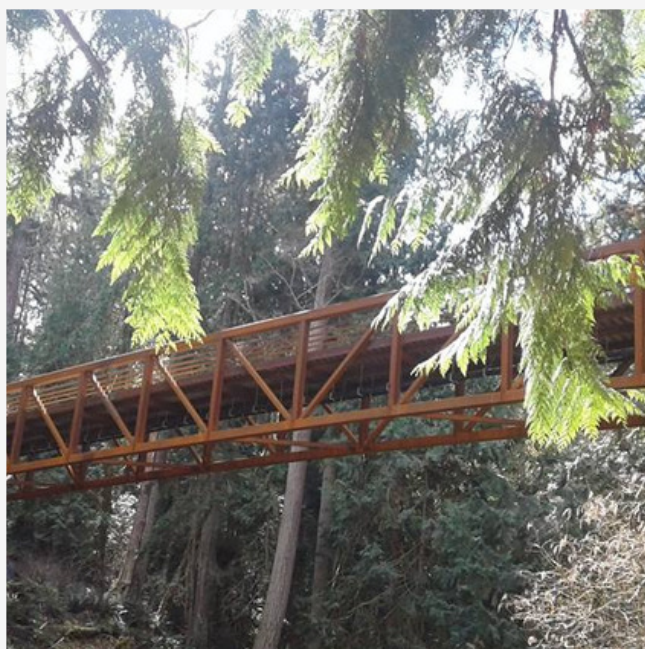
DRIVING DIRECTIONS TO NEXT TRANSITION

- From Carrie Blake Park, return to N. Blake Ave and turn left
- Go 0.3 miles, turn left onto Washington Ave. then almost immediate left onto West Sequim Bay Road
- Follow W. Sequim Bay Rd. 3.8miles, Jamestown Tribal Human Resources office and parking lot is on your right, exchange location.



LEG 15

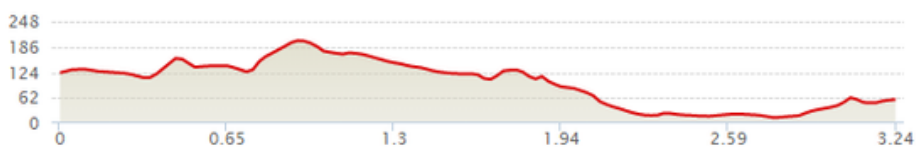
WEST SEQUIM BAY ROAD TO JAMESTOWN S'KLALLAM TRIBAL CAMPUS



DISTANCE
3.24
miles

CLIMB
123 ft

ELEVATION (ft)

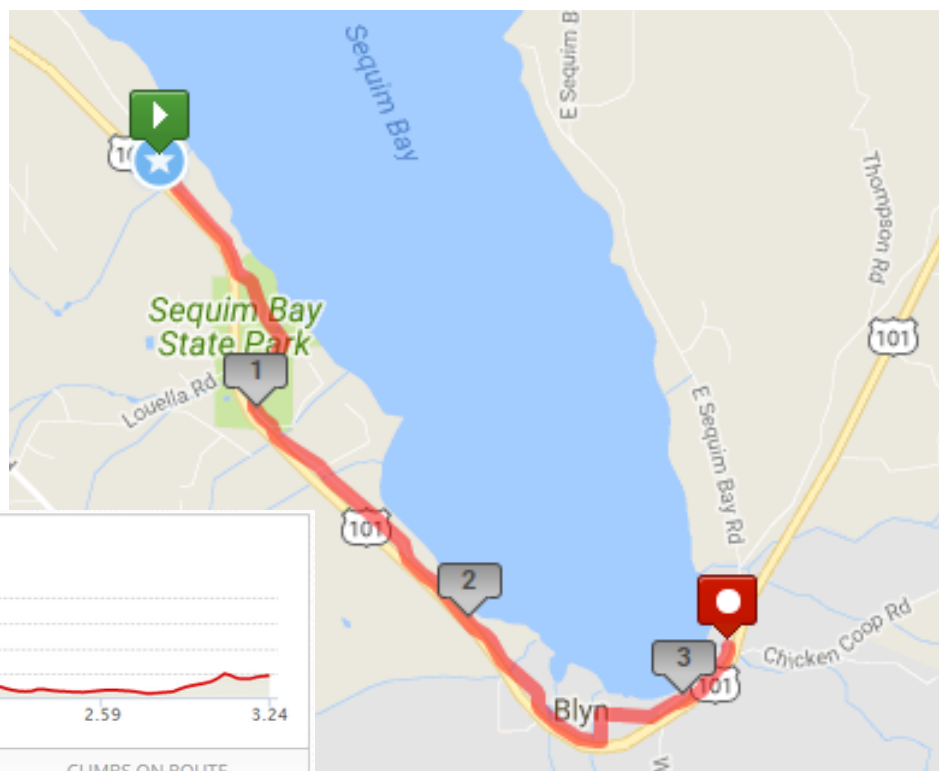


START ELEVATION
123 FT

MAX ELEVATION
201 FT

GAIN
123 FT

CLIMBS ON ROUTE



DRIVING DIRECTIONS TO NEXT TRANSITION

- From Jamestown Human Resources, turn right to Highway 101.
- Turn left (east) on Hwy 101 and go 2.7 miles.
- Turn left onto Blyn Crossing.
- Turn right onto Old Blyn Highway - in 0.8 miles FINISH LINE!

Frosty Moss Relay Team Roster

Frosty Moss 2-5 person teams. Mini Moss 2-4 person teams. BRING COMPLETED FORM TO CHECK-IN

Team Captain Cell #

Home Address Email

Emergency Contact Name & Phone #

Team Member 2 Cell #

Home Address Email

Emergency Contact Name & Phone #:

Team Member 3 Cell #

Home Address Email

Emergency Contact Name & Phone #

Team Member 4 Cell #

Home Address Email

Emergency Contact Name & Phone #:

Team Member 5 Cell #

Home Address Email

Emergency Contact Name & Phone #

***How many non-racers are accompanying your team during Frosty Moss weekend?**

Leg Assignments (Frosty Moss 15 Legs / Mini Moss 8 Legs)

No team member may run consecutive legs. There must be a runner change at the start of each leg.

Leg 1 Leg 9

Leg 2 Leg 10

Leg 3 Leg 11

Leg 4 Leg 12

Leg 5 Leg 13

Leg 6 Leg 14

Leg 7 Leg 15

Leg 8

LIABILITY WAIVER

I, the undersigned, acknowledge that by signing this document, I am releasing the State of Washington to include the Department of Natural Resources, Department of Transportation, and Parks Department, its officers, employees, agents and contractors, Clallam County, the United States of America, City of Port Angeles, City of Sequim, and Peninsula Adventure Sports ("Releasees") from liability. This release is a contract with legal consequences. I have read it carefully before signing.

In consideration of my being allowed to participate in the Frosty Moss Relay event on the Olympic Discovery Trail and Adventure Route, I freely agree that:

Running can be dangerous and pose a risk of injury or even death. I fully assume the risks associated with my participation in this event including but not limited to: hazards from improper technique, accidents, or illness in remote locations without medical facilities, actions of other participants, equipment failure, inadequate safety measures, the releasees own negligence, weather conditions, and the risk of any personal or bodily injury, disability or death.

For myself and my heirs, executors, administrators, legal representatives, assignees, and successors in interest, I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, AND PROMISE TO INDEMNIFY AND NOT TO SUE the Releasees from any and all claims of any kind and character, including claims arising from the Releasees own negligence, and from any and all damages directly or indirectly arising out of, or incident to, my participation in the Frosty Moss Relay event or transit to and from the area. A "claim" as used in this contract means any financial loss, claim, suit, action, damage, cost, demand or expense, including but not limited to attorneys' fees, attributable to bodily injury, disability, sickness, disease, or death, or injury to or destruction of tangible property including loss of use resulting there from. Should I or my successors assert a claim in breach of this agreement, the asserting party shall be liable for the expenses (including legal fees) incurred by each Releasee in its defense, unless the Releasee is finally adjudged liable on such claim for willful or wanton negligence. If any term or provision of this agreement is found to be invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

I UNDERSTAND and AGREE to the terms set forth above for my participation in the Frosty Moss Relay.

Print full name

Signature

Date

Parent or Guardian waiver for minors (under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent he/she is, in fact, acting in such capacity and agrees to save, hold harmless, and indemnify each and all of the Releasees referred to above from all liability, loss, cost claim, or damage whatsoever which may be imposed upon said Releasees because of any defect in or lack of such capacity to so act and release such Releasees on behalf of the minor and the parents or legal guardian.

I UNDERSTAND and AGREE to the terms set forth above for my participation in the Frosty Moss Relay.

Minor:

Print full name

Signature

Date

Parent/guardian:

Print full name

Signature

Date