



# FAT DOG 120 Proof of Trail Maintenance

8th Annual Fat Dog 120 Trail Race, Friday Aug 10– Sunday Aug 12, 2018

Today's Date	
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## Trail Maintenance Information

Last Name		First Name	
Full Address			
Phone		Male/Female	
Email (print)			
Category	<input type="checkbox"/> 120 mile <input type="checkbox"/> 70 mi <input type="checkbox"/> 50 mi <input type="checkbox"/> 40 mi <input type="checkbox"/> Relay		

## Trail Work Done

<b>Trail Maintenance</b> <b>8 hours required for 120 mi, 70 mi 50 mi and 40 mi.</b>  <b>4 hours for relay (each person).</b>	Hours:	Location:
	Purpose of maintenance:	
	Name/phone of person to verify Trail Maintenance:	
	Hours:	Location:
	Purpose of maintenance:	
	Name/phone of person to verify Trail Maintenance:	
	Hours:	Location:
	Purpose of maintenance:	
	Name/phone of person to verify Trail Maintenance:	

## Alternative Volunteering

<b>Alternative</b> <b>8 hours required for 120 mi, 70 mi 50 mi, 40 mi.</b>  <b>4 hours for relay (each person).</b>	Hours:	Location:
	Purpose of volunteering:	
	Name/phone of person to verify time:	
	Hours:	Location:
	Purpose of volunteering:	
	Name/phone of person to verify time:	

## Or \$65 Donation to Mountain Madness Trail Work Fund (can do online)

Your cheque number: _____
Date of contribution: _____

## Sign

Your Signature \_\_\_\_\_ Print name \_\_\_\_\_

## Send Form to:

Heather Macdonald Mountain Madness 115 Thistle Road, Eastgate, BC, Canada V0X 1R0  
 Or scan form or take photo and email to [info@mountainmadness.ca](mailto:info@mountainmadness.ca)

## Race Director

Heather Macdonald, 250-840-8800 [info@mountainmadness.ca](mailto:info@mountainmadness.ca)

