

NAMI Juneau - Extra Tough Walk/Run

A Fundraiser for NAMI Juneau at Brotherhood Bridge Trail - Riverbend School Shelter

Walk/Run Date: October 11th, 2014 (Saturday)

Start Time: 1:00 PM (registration begins at 12:00 PM)

Location: Brotherhood Trail - River Bend School Shelter

Race Contact: Nami Juneau Office 463-4251, namijuneau@gmail.com

www.namijuneau.org

Race Director: Sandi Pahlke



Course Description:

The 5K walk/run will start at the school shelter and cross the bridge to connect to the Brotherhood Trail and finish back at the school shelter.

Distance

☐ 5K Run

☐ 5K Walk

ENTRY FORM

☐ Donation \$ _____

ENTRY FEES:

18 & Under - \$15 pre-register, \$20 Race Day

19 & older - \$20 pre-register, \$25 Race Day

NAMI Members - \$10.00

Interested in joining NAMI go to www.namijuneau.com

Register online with Credit Card or Make checks payable to NAMI Juneau

LAST NAME _____ FIRST NAME _____

Sex- M _____ F _____ Age _____ Date of Birth ____/____/____
as of 10/1/14

Address _____ City _____ ST _____ ZIP _____

Phone _____ EMAIL _____

WAIVER AND RELEASE: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official in order to safely complete the run. I assume all risks associated with running and volunteering to work in club races. I am aware of the risks, which include falls, contact with other participants, the weather, road or trail conditions, and traffic. I have read this waiver and know the facts about running and road and trail races. In consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive any right I may have to pursue an action against the Southeast Road Runners Club, the Road Runners Club of America, Catholic Community Service, Hospice and Home Care of Juneau, and all sponsors, and the representatives and successors of these entities, for liabilities of any kind arising out of my participation in club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Dogs, Roller Blades, and Headphones are NOT allowed. (Jogger Strollers Acceptable)

SIGNATURE _____

(UNDER 18 MUST HAVE PARENT OR GUARDIAN SIGN)

BIB NUMBER:

(for race officials only)