

Racing the TIDE-Løp de Loop

Sunday, 17 May 2015

Syttende Mai

Fish Creek parking lot mile 8 on North Douglas.

Both runs start at 7:15 am.

Short Course: The approximately 4 mile run is an **out and back** course across the wetlands from Fish Creek parking lot to the checkpoint at the very end of the Mendenhall Wetlands Dike trail. There will be a course official or a flag located at end of the Dike trail. **This race is restricted to ages 14 and older unless accompanied by an adult.** No running is allowed along Douglas Highway or in the Bayview subdivision.

Long Course: The approximately 7 mile run starts and finishes at Fish Creek parking lot. At the race start, runners will follow the Fish Creek trail under the bridge and up the trail to its end at the Fish Creek bridge over the Eaglecrest Road. There will be a race official and water at this junction. The 1.7 mile down the Eaglecrest Road continues to the junction with North Douglas Highway, where a flagger will advise the runners of traffic and point the direction down the 9-Mile Road to the wetlands entrance. Runners will be **racing the tide** to the end of the Wetlands Dike Trail and back to the Fish Creek parking lot. **This race is restricted to adults (19 and above) unless accompanied by an adult.** No running on Douglas Highway except to briefly cross the road at the 9-Mile Road intersection.

Pre-register, \$5.00, at either JRC/Alaska Clubs, Pavitt Fitness Club or the Nugget Alaskan Outfitters before 4:30 pm on Friday 15 th May 2015.

Race day registration \$10.00, at Fish Creek Parking lot from **6:45-7:15 am**.

Race Director: Suzanne McGee phone: 364-5264 or 321-5214 e-mail: takublu@gci.net

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Distance

Long (~7 mi) Run []

Short (~4 mi) Run []

SPONSORED BY

Southeast Road Runners
RRCA SANCTIONED

ENTRY FEE:

\$5 pre-register, \$10 race day

LAST NAME

FIRST NAME

SEX	M	F	AGE	DATE	I WOULD LIKE TO JOIN SERR	ADD \$20
			AS OF	OF BIRTH		
			7/1/15	mo day year		<input type="checkbox"/>
MAILING ADDRESS						
STREET or BOX						
CITY						
STATE		ZIP		PHONE NUMBER		

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, 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.

Strollers, Dogs, Roller Blades, and Headphones are NOT allowed.

YOUR E-MAIL ADDRESS

SIGNATURE _____

(UNDER 18 MUST HAVE PARENT OR GUARDIAN SIGN)

For members, if we can contact you about our activities!