



Relay for Life 5K & 1 mile races



THE OFFICIAL SPONSOR OF BIRTHDAYS.®

Race Date: June 4 (Saturday)

Start Time: 9:00 am (race day registration begins at 8:00 am)

Pre-registration ends THURSDAY June 2 at 6pm at the following locations: The Alaska Club, Pavitt Health and Fitness, Nugget Alaskan Outfitter, and Foggy Mountain Shop.

Location: Brotherhood Bridge Trail - starts at Riverbend School covered play area.

Race Contact:

Kym Mauseth relayforlifeofjuneau@gmail.com or phone: 907.321.5966

Course Description:

5K – Out and back along the Brotherhood Bridge Trail. Runners will start at the covered area at Riverbend School.

1 Mile – Out and back along the Brotherhood Bridge Trail. Runners will start at the covered area at Riverbend School.

5K and 1 mile races start at the same time - 9 am

Ribbons available to remember, honor or support those affected by cancer.

Waffle/pancake breakfast included with registration fee.

Distance

ENTRY FORM

ENTRY FEES:

5K

1M

Empire Cup Race

Fundraiser for: THE OFFICIAL SPONSOR OF BIRTHDAYS.®

Kids 18 & under - \$15 pre-registered
\$20 race day

Adults - \$20 pre-registered
\$25 race day

LAST NAME _____

FIRST NAME _____

SEX M F

AGE ON 7/1/16 _____

DATE OF BIRTH _____
mo day year

MAILING ADDRESS:

STREET or BOX _____

CITY _____

STATE _____ ZIP _____ PHONE _____

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, and Roller Blades are NOT allowed.

SIGNATURE _____

(UNDER 18 MUST HAVE PARENT OR GUARDIAN SIGN)

BIB'NUMBER:

