

26th Annual Sea Coast Relay Registration - May 28, 2016

Start Times - 9:00 & 9:30 am

The Sea Coast Relay consists of 5 stages of approximately 3.0, 3.6, 3.5, 5.0, and 6.0 miles. The course begins at the UAS Egan Library and ends at Eagle Beach State Park. Exchange points are at UAS, Auke Bay Recreation Area, Lena Picnic area, near the Shrine of St Therese and Eagle Beach State Park.

Team Name: _____ **Team Average 5K Time:** _____ (be honest)

Captain	<p style="text-align: center;">Entry Fees includes</p> <p>Healthy food and water at all of the Exchange Points and friendly volunteers and end of race picnic</p> <p style="text-align: right;">1 person Team - \$15.00 2 Person Team - \$30.00 3 Person Team - \$45.00 4 Person Team - \$60.00 5 Person Team - \$75.00</p>
Address	
Phone and Email	

Runners under 18 must have a parent or guardian sign. **WAIVER AND RELEASE:** We know that running and volunteering to work in club races are potentially hazardous activities. We should not enter and run in club activities unless we are medically able and properly trained. We agree to abide by any race official relative to our ability to safely complete the run. We assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, we, for ourselves and anyone entitled to act on our behalf, waive and release the SOUTHEAST ROAD RUNNERS CLUB and all sponsors, their representatives and successors from all claims for liabilities of any kind arising out of our participation in these club activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

	Printed Name	Signature	Phone Number	Age	Sex	Burger or Vegetarian Indicate if going to stay for BBQ
Leg 1 3.0 miles						
Leg 2 3.5 miles						
Leg 3 3.7 miles						
Leg 4 5.0 miles						
Leg 5 6.0 miles						
VOLUNTEER						

Runner Names, Signatures, and Contact Information
Form must be filled out completely, with signatures of all runners at the time of the Captains Meeting. Sign after reading the waiver and release (above). If you know of someone who would like to volunteer during the race please list them and their contact information.

	Team Categories			Special Categories	
	18 & Under Youth	19 – 39 Open	40 & Up Masters		
Male					
Female					
Mixed					

All team members in generic categories must be within the age classification. If not, the team is in the open category. Masters teams may have any age above 40. Mixed teams shall have at least 2 females (or 1 female can run two legs) & 1 male. Solo and two person teams are not allowed in the youth category. Two person teams may run their legs in any combination they wish.

For more information contact Sherry Tamone at 321-8559 or sltamone@uas.alaska.edu. Completed registration forms (with entry fee) can be dropped off at Pavitt Health and Fitness, either JRC/The Alaska Club location, or the Nugget Alaskan Outfitter. You can also mail the team registration form (with entry fee) to Seacoast Relay, c/o Sherry Tamone, P.O. Box 211334, Auke Bay, AK 99821. **Forms must be received no later than Wednesday, May 25, 2016. Mandatory Captains Meeting on Thursday, May 26th, @ 7:00 pm at UAS Anderson Building Room 204.**

