



Ken Humphreys Memorial Run



Juneau Trail and Road Runners is an affiliate member of the Road Runners Club of America.

Race Date:

Friday July 07 1995

Start Time:

12:00AM (Registration 11:15PM)

Location:

North Douglas Highway at False Outer Point

Race Contact:

DefaultRaceDirector Unassigned

join JTRR <https://southeastroadrunners.org/>

results online: <https://jtrr.org/event/1995/race/1058>

Course Description:

Distance: 10 kilometers, 5 kilometers and one mile Location: North Douglas Highway at False Outer Point An Empire Cup Runners Series race, run on a Friday evening. Guy Thibodeau won the 10 kilometers in 34:04. "If it isn't Rick, it's Guy," the Juneau Empire reported: with his brother Rick, winner of the Douglas Two Mile, taking a break, Guy - runner-up in that race - took this one, four seconds ahead of Paul Pusich, with Chris Smith third. Merry Ellefson, who had won the women's division of the Douglas Two Mile, was the fastest woman here in 38:07, from Dawn Rider and Morgan Humphreys. In the mile, ten-year-old Sarah Croteau was the fastest female in 7:29 and twelve-year-old Leon Bus was the overall winner in 6:43. The Empire reported a field of 105. The published results carry 101 of them: the newspaper page held here stops partway through the women's 5 kilometer list, at the end of the 40-44 division, so four finishers - the slowest women over the 5 kilometers - are not recorded on this site. Anyone who ran and is missing is missing for that reason. SOURCES: "Thibodeau wins Ken Humphreys 10-K race", The Juneau Empire; and the finish lists, Sunday 9 July 1995, page 20, headed "Results of Friday's annual Ken Humphreys Memorial Run, held on North Douglas Highway at False Outer Point".

Distance

- ☐ 10 Kilometer (10 km)
- ☐ 5 Kilometer (5 km)
- ☐ One Mile (1 miles)
- ☐ volunteer - \$0

ENTRY FORM

SPONSORED BY
Juneau Trail and Road Runners

ENTRY FEES
Kids 18 & Under - \$1
Adults Day of Race - \$10

Last Name _____

First Name _____

GENDER CIRCLE ONE (Male|Female|Non-Binary)

Age on 7/1/1995 _____

email _____

JTRR MEMBER: (YES|NO) (if yes, skip phone,address)

MAILING ADDRESS

STREET OR BOX _____

CITY _____

PHONE _____

STATE _____

ZIP _____

WAIVER: I know that running or volunteering to work in this race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running or volunteering in this event, including but not limited to: falls, physical contact with and/or the potential contraction of a communicable disease from other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road and/or trail including surrounding terrain. I understand that bicycles, skateboards, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. If allowed by the Race Director, and if I am pushing a baby jogger or stroller, I also accept the responsibility for injury up to death of the child being transported in the jogger or stroller. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Juneau Trail and Road Runners, the United States Forest Service, the state of Alaska, the City and Borough of Juneau, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of communicable diseases and voluntarily assume the risk that I may be exposed to or infected by communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is canceled before or during the event.

SIGNATURE _____

BIB NUMBER:
(for race officials only)

SIGNATURE of parent or guardian if under 18 _____

DATE _____