



AND THE TMHS Track & Field Team
 Present the 2010
Glacier 10K and 1 Mile Road Race/Walk

Race Date: March 27, 2010 (Saturday)
Start Time: 10:00 AM 1 mile **Location:** Mendenhall Glacier Parking Lot
 10:30 AM 10K

Race Contact: Scott May
 790-4544
 smay21@mac.com

Course Description:

10K – Run down the Glacier Spur Road and turn right onto the Back Loop Road. The turnaround is approximately 0.3 miles past the Montana Creek intersection. Head back along the same route. (Staying on the right outbound, and the left returning)

1 Mile – out and back along the Glacier Spur Road.

(cut along the dotted line)

DISTANCES:

ENTRY FORM

ENTRY FEES:

[] 10K

SPONSORED BY

This is a fund raiser for the TMHS Track & Field Team

ConocoPhillips, Healthy Futures, JDHS Track & Field,

WE THANK YOU FOR YOUR SUPPORT!

[] 1 Mile

and Southeast Road Runners

18 & under - **\$5 pre-register, \$6 race day**

19 & older - **\$15 pre-register, \$20 race day**

(Please check one)
 Runners")

RRCA SANCTIONED

(checks payable to "Southeast Road

LAST NAME _____

FIRST NAME _____

SEX M _____ F _____

AGE
ON
7/1/10

DATE
OF
BIRTH

mo - day - year

TODAY'S DATE & TIME:

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, roller blades, and headphones are not allowed.

Signature _____

Bib Number:

Join SERR!
 forms available at:
www.juneau.com/serr

(UNDER 18 MUST HAVE PARENT OF GUARDIAN SIGN)