

# Flannagan's Run

**Race Date:** March 15 (Saturday)

**Start Time:** 10:00 a.m. (registration begins at 9:30)

**Location:** Douglas Firehall

**Race Contact:** Janeanne Twelker  
789-9895

## Course Description:

1 mile – run down the side streets and head to Sandy Beach. Turn around at the picnic shelters and head back along the same route.

5 mile – Same as 1 mile course, except runners will continue past the firehall along 2<sup>nd</sup> Street and head down to the Douglas Breeze-In (turnaround point). Runners will then head back to the firehall.

join SERR: [www.southeastroadrunners.org](http://www.southeastroadrunners.org)  
announcements: <http://groups.yahoo.com/group/SERR>

## Distance

[ ] 1 Mile  
[ ] 5 Miles

## ENTRY FORM

SPONSORED BY

**Southeast Road Runners**  
R R C A S A N C T I O N E D

## ENTRY FEES:

**Kids 18 & under - \$1**  
**Adults - \$5 pre-register, \$8 race day**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

SEX M \_\_\_\_\_ F \_\_\_\_\_ AGE ON BIRTH \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
7/1/08 mo - day - year

## MAILING ADDRESS:

STREET OR BOX \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

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 \_\_\_\_\_

(UNDER 18 MUST HAVE PARENT OR GUARDIAN SIGN )

**BIB NUMBER:**  
(for race officials only)