

Glacier 10K and 1 Mile Run/Walk

Race Date: April 5 (Saturday)

Start Time: 10:00 AM (registration begins at 9:00)

Location: Mendenhall Glacier Parking Lot

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

Course Description:

10K – Run down the Glacier Spur Road and turn right onto the Back Loop Road. The turnaround is about 0.3-0.4 miles past the Montana Creek intersection. Head back along the same route.

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

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

Distance

[] 10K
[] 1 Mile

ENTRY FORM

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

ENTRY FEES:

(This is a fund raiser for the JDHS Track & Field Team)

18 & under - \$10 pre-register, \$11 race day
19 & older - \$15 pre-register, \$18 race day

LAST NAME _____ FIRST NAME _____

SEX M _____ F _____ AGE ON 7/1/08 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 _____

(UNDER 18 MUST HAVE PARENT OR GUARDIAN SIGN)

BIB NUMBER:

(for race officials only)

Join SERR!

forms available at:

www.southeastroadrunners.org