

Pavitt Health & Fitness 10K & 1 Mile

Race Date: September 22 (Saturday)

Start Time: 10:00 AM (registration begins at 9:15)

Location: Auke Recreation main picnic shelter

Race Contact: Megan Hulson
789-5556
megan@gopavitt.com

Course Description:

10K: Runners will head out to the highway (Auke Rec. south entrance). Then turn left on the highway. After passing both ball fields, turn left at the north entrance to Lena Loop. Complete the loop and return to the main picnic shelter area via the old highway.

1 Mile: Out-and-back loop in the Auke Rec area

Distance

10K
1 Mile

ENTRY FORM

SPONSORED BY
Pavitt Health & Fitness Center
RRCA SANCTIONED

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

LAST NAME _____ FIRST NAME _____

SEX M _____ F _____ AGE ON _____ DATE OF BIRTH _____
7/1/07 mo day year

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