

2018 Sea Coast Relay

The Juneau Trail & Road Runners is proud to host the 27th annual Sea Coast Relay on Saturday May 26, 2018. Relay legs will cover approximate distances of 3.0, 4.0, 3.5, 6.0, and 5.5 miles along beautiful coastal roads from UAS, around the Auke Lake trail, to the Auke Rec area, through the Lena Loop picnic area and out the road to Eagle Beach State Recreation Area.

There will be two start times (9:00 am and 9:30 am) depending on each teams estimated finish times. Start times will be provided and rules will be explained via email to team captains. Bibs will be distributed to team captains on race day starting at 8 am. Arrangements can be made for distribution of bibs to team captains prior to race day. This information will be communicated to team captains via email.

Starting at the University of Alaska Southeast the relay has exchange points at UAS, Auke Recreation area, Lena Loop picnic area, somewhere near the Shrine of St. Therese and **finishing at Eagle Beach State Recreation Area.** Plan to meet your family or friends at the finish to join in on a barbeque at the beach.

Registration deadline is Thursday, May 24th. Completed registration forms and entry fees can be dropped off as early as possible but no later than 5 pm. May 24th at Nugget Alaskan Outfitter (NAO), Pavitt Health and Fitness, both JRC/The Alaska Club locations, or Foggy Mountain; or mailed before May 22nd to:

Sea Coast Relay
c/o Kym Mauseth
7704 Glacier Hwy
Juneau, AK 99801

Please do not mail cash! **Make checks payable to: Juneau Trail & Road Runners**

For more information contact Kym Mauseth:
(907) 321-5966 kmauseth@acsalaska.net



is proud to host the

27th Annual Sea Coast Relay



Saturday, May 26, 2018

**Nugget Alaskan Outfitters Cup
(NAOC) race**

27th Annual Sea Coast Relay Registration - May 26, 2018

Start Times - 9:00 & 9:30 am

The Sea Coast Relay consists of five stages of **approximately** 3, 4, 3.5, 6, and 5.5 miles. The course begins at the UAS Egan Library and ends at Eagle Beach State Park with a barbeque for all. Exchange points are at UAS, Auke Recreation area, Lena Picnic area, and near the Shrine of St. Therese.

Team Name:	
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Team Average 5K Race Time (mm:ss):	
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(Please be honest. This time is used to determine the correct team start time so that racers finish around the same time period; and for scheduling volunteer staffing at exchange stations so that racers do not show up before the timers are ready for racers.)

Team Captain's Name:	
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This will be the only person that will receive race information. Team captains are responsible for distributing race information to teammates. Updates will also be posted on the Sea Coast Relay Facebook page: https://www.facebook.com/SeaCoastRelay/?ref=br_rs all racers are encouraged to like and follow.

E-mail:	Phone Number:	Text Message OK?:	Yes	No
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Entry Fee Includes: Healthy food and beverages and friendly volunteers at all of the exchange points; and end of race barbeque.

1 Person Team - \$20.00 **2 Person Team** - 40.00 **3 Person Team** - \$60.00 **4 Person Team** - \$80.00 **5 Person Team** - \$100.00

Please make checks payable to: **Juneau Trail and Road Runners**

WAIVER: I know that running a road or trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to complete the event. I agree to abide by any decision of a race official relative to my ability to safely complete this run within the designated time limit. I assume all risks associated with running in this race, including, but not limited to falls, contact with other participants, runners, bikers, and animals, the effects of weather, including heat or cold and precipitation, traffic, and the conditions of the trails and roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the race organizer, Harborview Elementary, the Triathlon Club and all other sponsors and property owners, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I understand that headphones, baby joggers or strollers, roller skates and dogs are not allowed in this race/run.

Leg	Printed Name (please print clearly)	Signature (Sign after reading the waiver above. If under 18 years old, please provide signature of parent or guardian)	Age (as of 7/1/2018)	Sex (M/F)	Barbeque option: Hamburger, Vegetarian or Salmon Burger
Leg 1 (~3miles)					
Leg 2 (~ 4miles)					
Leg 3 (~3.5miles)					
Leg 4 (~6miles)					
Leg 5 (~5.5miles)					

For more information contact Kym Mauseth at (907)321-5966 or kmauseth@acsalaska.net Completed registration forms (with entry fee) can be dropped off at Nugget Alaskan Outfitter (NAO), Pavitt Health and Fitness, either JRC/The Alaska Club locations, or Foggy Mountain. You can also mail the team registration form (with entry fee) to Sea Coast Relay, c/o Kym Mauseth, 7707 Glacier Hwy, Juneau, AK 99801. Form can be emailed too. **Forms must be received no later than 5 pm Thursday, May 24, 2018.**

For race officials only

BIB NUMBER: _____