Run 4 the Rock FogHorn **VIRTUAL** Race

**Race dates: Any time you choose between Sunday, April 12 and Saturday, April 18th, 2020**

**Race location**: **West Douglas** **Pioneer Rd, (N. Douglas Hwy, near end)**

**Race coordinator: Sue York, (907 255-3662)** **slyak3@yahoo.com**

**Race description: 5K or 10K (OR BOTH IF YOU WANT TO REGISTER TWICE!)**

**This is an NAO Cup race, times will be submitted to JTRR for points in your age group.**

**This is an important Fundraiser for Eldred Rock Lighthouse Preservation Association for grant matching, please support us in this virtual race!** [**www.eldredrocklighthouse.org**](http://www.eldredrocklighthouse.org)

**\_\_\_\_** *Pre-registration or day of your run:*  **Adults: $15, Students $5, Under 5 years old Free**

***\_\_\_\_*** *Membership Registration:* **Adults only: $25, \*Includes membership to ERLPA**

**SERIES RACER:** **YES** **NO**  (Check YES if you ran the Lightkeeper Race on Jan 4th, 2020)

\*\*Please Pay online at [www.paypal.me/eldredrocklighthouse](http://www.paypal.me/eldredrocklighthouse)

and email signed form to slyak3@yahoo.com. OR TEXT a photo of this form to Sue York at (907) 255-3662

**LAST NAME:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**FIRST NAME:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**AGE \_\_\_\_\_\_\_ DOB: \_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_ M / F 10K 5K 2K Hillclimb**

**PHONE:**(\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**E-MAIL:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MAILING ADDRESS:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **CITY:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **STATE:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **ZIP:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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, Eldred Rock Lighthouse Preservation Association, the Marine Exchange of Alaska 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.

**Signature of entrant:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Date:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Signature of parent or guardian if under 18:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_