

Run 4 the Rock Registration Form

Race date: Saturday, January 4, 2020

Race location: Overstreet Park (The Whale)

Race contact: Sue York, slyak3@yahoo.com

Race description: 5K/1M Fundraiser for Eldred Rock Lighthouse Preservation Association

Registration opens: 3:30 pm, Race Begins: 4:00 pm Headlamp/ice spikes recommended



____ *Pre-registration:* Adults: \$15, Students \$5, Under 5 years old Free

____ *Day of race:* Adults: \$20, Students \$10, Under 5 years old Free

____ *Race Series/Membership Registration*:* Adults only: \$25 Pre-reg, \$30 Day of

**Includes both races in Race Series (Foghorn 5K/10K will be in April) AND membership to ERLPA*

****Preregister online at <https://www.paypal.me/eldredrocklighthouse> and email signed form to slyak3@yahoo.com**

Make checks payable to: ERLPA check # _____ JTRR MEMBER?: ☐ YES ☐ NO

LAST NAME: _____ FIRST NAME: _____

DATE OF BIRTH: _____ - _____ - _____ PHONE: (____) _____

E-MAIL ADDRESS: _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

Emergency Contact: _____ Phone Number: (____) _____

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: _____

*For race officials only

BIB NUMBER