Sweethearts Relay

Juneau Trail and Road Runners is an affiliate member of the Road Runners Club of America.

Race Date:	Saturday February 12 2022
Start Time:	10:00AM (Registration 09:15AM)
Location:	Savikko Park
Race Contact:	Dan Robinson 364-2521 robidanc@gmail.com

join JTRR https://southeastroadrunners.org/

results online: https://jtrr.org/event/2022/race/715

Course Description:

The first race of the year is scheduled tomorrow and in true COVID fashion, there's a last-minute change of plans: race registration will be at the Sandy Beach shelter (where the marathon has registration and does refreshments). The one-mile course will also start and finish in that general area. There will be heart-shaped waffles, raspberries, coffee, and maybe even some water (but no Gatorade because, c'mon, nobody needs Gatorade after a mile). The weather looks to be lousy, BUT this is a great chance to set your 2022 benchmark and see how much faster you can run at the Glenn Frick one mile race on the Fourth of July or maybe see if you can hold your pace for the mile you run tomorrow at a 5K a few months down the road (I'd suggest the Cameron Clark 5K in May, but I might be biased). If you're not a runner, but think you might want to become one, this is also a good chance to walk/run a mile and see where you are for a starting point. You might surprise yourself and even if you don't, one of the wonderful things about running is that it's satisfying to see individual improvement, regardless of where you finish relative to others. Registration will just be all in-person at the race, starting at about 9:15. The race will start at 10 or a few minutes later to make sure we catch people who don't find out about the move to Sandy Beach until tomorrow morning. Hope to see a bunch of you there. It's going to be great getting back to running together. Oh, and feel free to wear a Valentine's Day costume if you're into that kind of thing. It makes for great pictures. We'll probably also have some bad love songs playing to add some gooey energy. Dan Robinson

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ENTRY FORM

Distance

- ☐ **leg 1 (1 miles)**
- ☐ **leg 2 (1 miles)**
- ☐ **solo 2 mile (2 miles)**
- ☐ **volunteer - $0**

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Juneau Trail and Road Runners

ENTRY FEES
Kids 18 & Under - $1
Adults Day of Race -$10

Last Name _____ First Name _____

GENDER CIRCLE ONE (Male|Female|Non-Binary) Age on 7/1/2022_____

email _____ JTRR MEMBER: (YES|NO) (if yes, skip phone,address)

MAILING ADDRESS

STREET OR BOX _____

CITY _____ PHONE _____

STATE _____ ZIP _____

RELAY TEAM NAME_____

WAIVER: I know that running or volunteering to work in this race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running or volunteering in this event, including but not limited to: falls, physical contact with and/or the potential contraction of a communicable disease from other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road and/or trail including surrounding terrain. I understand that bicycles, skateboards, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. If allowed by the Race Director, and if I am pushing a baby jogger or stroller, I also accept the responsibility for injury up to death of the child being transported in the jogger or stroller. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Juneau Trail and Road Runners, the United States Forest Service, the state of Alaska, the City and Borough of Juneau, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of communicable diseases and voluntarily assume the risk that I may be exposed to or infected by communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or anyother record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is canceled before or during the event

SIGNATURE _____

_____

SIGNATURE of parent or guardian if under 18

BIB NUMBER:
(for race officials only)

DATE_____