



# Sweethearts Relay



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

**Race Date:** Saturday February 11 2023  
**Start Time:** 10:00AM (Registration 09:15AM)  
**Location:** Savikko Park  
**Race Contact:** Dan Robinson  
364-2521  
robidanc@gmail.com

### Course Description:

Just like with love, there aren't a lot of rules: You can run one leg and have a friend run the other to get a team score. You can run both legs by yourself (nobody's judging) and be in the team competition as a solo runner. You can run just one leg by yourself (still no judging). There will almost certainly be heart-shaped, homemade, gluten-free waffles, raspberries, whipped cream, and maybe even coffee. One or two miles too short for Gatorade. Costumes are encouraged, though not required. Come see how fast you can run a mile to begin the running season and then gauge your progress to see if you can hold that pace for 5K, 10K, even longer....? You can register online using the link below, or at the race with old-fashioned paper and pay with either cash or check. ALSO, the race directors' clinic that was scheduled for Wednesday, February 8th is postponed. We'll let everyone know when we have a new date.

join JTRR <https://www.southeastroadrunners.org>  
results online: <https://jtrr.org/event/2023/race/742>

### Distance

- leg 1 (1 miles)
- leg 2 (1 miles)
- solo 2 mile (2 miles)

## ENTRY FORM

SPONSORED BY  
**Juneau Trail and Road Runners**  
RRCA SANCTIONED

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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
SEX M \_\_\_\_\_ F \_\_\_\_\_ Age on 7/1/2023 \_\_\_\_\_  
email \_\_\_\_\_

### MAILING ADDRESS

STREET OR BOX \_\_\_\_\_  
CITY \_\_\_\_\_ PHONE \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
RELAY TEAM NAME \_\_\_\_\_

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 Southeast Road Runners Club/JTRR, the Road Runners Club of America, City and Borough of Juneau, 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)