



Rathdrum Days 5K Run/Walk

Entry Fees:

By July 8th: \$15.00 (shirt) \$10.00 (without shirt)

Race Day: \$20.00 (shirt) \$15.00 (without shirt)

Location: The race will begin on the east side of Lakeland High School in Rathdrum, Idaho. The course is part road and part trail.



DATE: 7/16/2016
TIME: 8:00 A.M.

Overall male and female winners will receive a free pair of running shoes from Fleet Feet in CDA.

Mail entry fee/form to:
Rathdrum Chamber of Commerce
8184 Main Street
Rathdrum, ID 83858



REGISTRATION FEE: By July 8th: (circle one) **\$15.00** (Includes shirt*) **\$10.00** (No shirt)

* Circle Shirt Size: **Adult:** XL Large Medium Small **Youth:** Large Medium Small

NAME (please print) _____
First Last

ADDRESS: _____
Street City State Zip Phone

5K AGE GROUP (circle one): **12 & Under** **20 - 29** **40 - 49** **60 - 69**
13 - 19 30 - 39 50 - 59 70+

Gender (circle one): **M** **F**
* Prizes for age group winner and lots of door prizes!

THE SMALL PRINT: I hereby acknowledge and understand that running a road race is a potentially hazardous activity. I also understand that I should not enter and run unless I am medically able and properly trained. I know that there will be traffic on this course route. I assume the risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including temperature and humidity, and the conditions of the road and raceway, all such risks being known and appreciated by me. I assume the risk of wearing any type of headset, which is strongly not recommended by race officials. Knowing these facts and in consideration of you accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive release, and discharge the City of Rathdrum, Highway District, race officials, and all sponsors including their agents and employees from any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event. **This RELEASE and WAIVER extends to all claims of every kind or nature whatsoever, foreseen, known or unknown. Applications for minors will be accepted only with parent's signature.**

Signature (Parent signature if under 18)