



SEAPORT STRIDERS RUNNING CLUB

BENEFIT RUN



Friday, August 2, 2019, 7:00 PM – 5K Course
Chief Looking Glass Park - Asotin HS Track/Football Field
Asotin, WA

100% of the proceeds go to the cross-country programs at Asotin, Clarkston, and Lewiston High Schools. Let's support our future runners. For \$10, you receive a shirt (while supplies last), and the satisfaction of knowing your funds are matched by the Seaport Striders and are going to a very good cause.

Registration: Check-in and same-day registration from 6:00 pm at Chief Looking Glass Park / Asotin HS Track/Football Field in Asotin. For more information, please contact us at: striders@lewiston.com. Visit our website, www.seaportstriders.com for more club information.

Cost: Registration is \$10. Mail entry form and check payable to: **Seaport Striders, P.O. Box 20, Lewiston, ID. 83501**. Striders Membership discount is not available for this event. **No refunds.**

Awards: No awards, no posted times on the internet. However, you will be timed for bragging rights.

Name: _____ DOB: _____ Phone: _____

Address: _____ City: _____ St: ___ Zip: _____

E-mail: _____ **Gender: M F Race Day Age:** _____

Release, Waiver, Assumption of Risk & Indemnification: In consideration of the acceptance of my entry, I do hereby acknowledge that I assume all risks resulting therefrom, and I do hereby, for myself, my heirs, my executors and/or administrators, waive, release, and forever discharge any and all sponsors and organizers, Seaport Striders Running Club, their officers, agents and assigns, the race director and volunteers from any and all liability arising from illness, injuries, or damages I may suffer as a result of my participation in the Striders Benefit Run.

Signature: _____ Date: _____

Parent/Guardian: _____ Date: _____ (applicants under 18)

\$10.00 - Your entire **2019 Benefit Run** entry fee is matched by the Seaport Striders and donated.

On-line Registration is available at www.raceentry.com : click on Find Races & type in Seaport Striders.