

# SEAPORT STRIDERS RUNNING CLUB



## *New Year's Day*

## *Hangover Run*

**January 1, 2019, 10:00 AM**



### **4 or 9 Mile FUN Run**

**Did you have a good time last night? You didn't party too much, did you? Wouldn't a nice ICY COLD run be just the thing to bring in the New Year? GREAT!!!**

**Registration:** Check-in and registration from 9:30am to 9:55am at the Lewiston Confluence Parking Lot. For more information, call our race director, Brian at 208-746-8121, or visit our website, [www.seaportstriders.com](http://www.seaportstriders.com).

**Cost:** FREE, no shirts, no numbers. This is a self-timed event for some 'morning-after' fun!

**Course:** Both runs will start at the Lewiston Confluence. The four-mile run will be an out and back just past the North Lewiston Memorial Bridge. The nine-mile run will be an out and back to the boat launch area near the Flying J truck stop.

**Awards:** None. If there will be a post-run brunch it will be announced at the start of the run.

**Striders:** Annual Striders Club Membership is \$7.00 per person. Applications are available at the Registration Table and on our website. Membership valid through 2019!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Age \_\_\_\_\_

**Have you ever watched football on New Year's Day? YES NO**

**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, 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 New Year's Day Hangover Run. I understand that I will be running on a paved road with medium traffic and must be aware of uneven footing, possible icy spots, and mud. I also understand that there will be no medical personnel or care facilities at this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_ (applicants under 18)

**Non-Members are Welcomed too! Please Come!**