

SEAPORT STRIDERS RUNNING CLUB
21st ANNUAL
LEWIS-CLARK HALF MARATHON & 5K



Saturday, October 19, 2019, 9:00 AM
Granite Lake Park, 848 Port Way, Clarkston, WA

Chip-Timed Race

Course closes when chip-timing ends at 12:15pm.
8:30am early start is ONLY for those that cannot finish by 12:15pm
Early start MUST be coordinated with Race Director PRIOR to race date*

Registration: Check-in and same-day registration from 7:30-8:30 a.m. at Granite Lake Park. The park is located at 848 Port Way, just north of the Clarkston Quality Inn next to the Snake River. For more information, contact our race director, Randy, at cavanaugh90@yahoo.com. Visit our website, www.seaportstriders.com, for more club information.

Cost: \$15.00 run only or \$30.00 with shirt if you pre-register by October 2nd. Fees after October 2nd are \$20.00 run only or \$35.00 with shirt. Must register by October 2nd to guarantee a shirt. Seaport Striders Club Members receive a \$2 Discount!
Mail entry form and check payable to: Seaport Striders, P.O. Box 20, Lewiston, ID 83501. No refunds.

Course: Both the Half-Marathon and 5K routes are out-and-back courses along the Snake River on the Greenbelt Trail System. This paved trail is mostly flat with multiple water & bathroom stops available. Stroller, dog, & walker friendly – just be mindful of other participants, please. *Also, please ensure you return your assigned timing chip at the end of the race.*

Awards: Top-3 overall & age-group. Medals for half marathon finishers. Random drawings and kid prizes too.

*** Early starters will have their race bibs marked to identify them as such. Anyone failing to coordinate will not get an official time.**

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 there from, 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, Port of Clarkston, 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 Lewis-Clark Half Marathon & 5K Run. I understand that there will be no traffic control on the course and that I must watch for vehicles at intersections and on the roadway.

Signature: _____ Date: _____

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

Circle ALL that apply:

Race Distance: 5K HALF MARATHON = Estimated Race Pace: _____

- \$ 15.00 – Run Fee, Adults
- \$ 5.00 – Run Fee, Students 18 and under.
- \$ 0.00 – Run Fee, Children 5 and under (must be accompanied by paying adult).
- \$ + 7.00 - Seaport Striders club membership for 2019! Receive \$2 discounts at club runs!
- \$ - 2.00 - **Subtract \$2.00** I am a 2019 member of the Seaport Striders Running Club!
- \$ + 5.00 - **Late Fee for all entrants after October 2nd. Shirt not guaranteed for late entrants.**
- \$+15.00 - Shirt **Circle Size:** S M L XL XXL (add \$3)

\$ _____ TOTAL REGISTRATION FEE --- 2019 LEWIS-CLARK HALF MARATHON & 5K

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