



SEAPORT STRIDERS RUNNING Club



Striders Benefit Run

This year, 100 % of the proceeds go to the high school cross-country programs at Asotin, Clarkston, and Lewiston. Let's support our future runners. For \$10, you receive a shirt (while they last), a water bottle provided by Peak Performance PT, and the satisfaction of knowing your funds are matched by the Seaport Striders.

Friday, August 4, 2017, 7:00 pm - 5k Course Chief Looking Glass Park - Asotin HS Track/Football Field Asotin, WA

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 race director Tim Gundy at tgundy@cablone.net.

Cost: Registration for the Benefit Run is \$10. Mail entry form and check payable to: **Seaport Striders, P.O. Box 20, Lewiston, ID. 83501**

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

Name: _____ Phone: _____ Age _____

Address: _____

City: _____ St: _____ E-mail: _____ **Gender: M F**

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 \$10 is matched by the Seaport Striders and goes to the benefit.

Non-Members are Welcomed too! Please Join Us!