

SEAPORT STRIDERS RUNNING CLUB

New Year's Day
Hangover Run



January 1, 2020, 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.

Cost: FREE, no shirts, no numbers. This is a self-timed event for some 'morning-after' fun! Self-Supported run with no water stations on course.

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 Stinker Store.

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

Membership: Seaport Striders Club Membership is \$10.00 per person or \$20 per family (living in same household, kids 18 yrs & younger), per calendar year. Applications are available at the registration table and on our website, www.seaportstriders.com.

Name: _____ DOB: _____ Phone: _____

Address: _____ City: _____ St: _____ Zip _____

E-mail: _____ Gender: M F Race Day 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)

2020 Hangover Run

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