



SEAPORT STRIDERS RUNNING CLUB
 42nd ANNUAL
St. PATRICK'S DAY 5K & 10K RUN



Chip-Timed Race

Saturday, March 21, 2020 at 10:00 AM
Granite Lake Park

Registration: Check-in and same-day registration starts at 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, Hannah at gibbs.hannah@gmail.com. Visit our website, www.seaportstriders.com, for more club information.

Cost: 5K & 10K - \$10.00 run only or \$25.00 with a shirt if you pre-register by March 4th. Fees after March 4th are \$15.00 run only or \$30.00 with a shirt. You must register by March 4th 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: 5K runners will do an out-and-back on the Greenbelt Trail System. 10K runners will cross over the Interstate Bridge to Lewiston, then run south along the Snake River to cross the Southway Bridge back to Clarkston, then north along the river trail to the finish line at the park. Stroller, dog, & walker friendly--just be mindful of other participants, please. **Chip-timed race so please return your timing chip at end of the race.**

Kids' Run: New this year, we will have a FREE 1K Kids' Run for children age 12 under at 9:30 am. This fun run will not be chip timed and will feature exclusively same-day registration.

Awards: 5K & 10K - Top-3 overall & Top-3 age-group. There will be random drawings for door prizes & prizes for the kids.

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, 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 this event. 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: 1K Kids' Run 5K 10K

\$ **10.00** – 5K or 10K Run Fee, Adults

\$ **5.00** – 5K or 10K Run Fee, Students 18 and under.

\$ **0.00** – 5K or 10K Run Fee, Children 5 and under (must be accompanied by paying adult).

\$ **0.00** – 1K Kids' Run Fee

\$**+10.00** – Seaport Striders Individual club membership for 2020!

\$**+20.00** – Seaport Striders Family (same household, kids 18 yrs & younger) club membership for 2020!

Family members' names & ages: _____

\$ **-2.00** – **Subtract \$2.00** I am a 2020 member of the Seaport Striders Running Club!

\$ **+5.00** – **Late Fee for all 5K or 10K entrants after March 4th.** **Shirts not guaranteed for late entrants.**

\$**+15.00** – Long-Sleeve Shirt **Circle Size:** S M L XL XXL (**add \$3**)

\$ _____ **TOTAL REGISTRATION FEE --- 2020 ST-PATRICK'S DAY 5K & 10K RUN**

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