

# SEAPORT STRIDERS RUNNING CLUB

22<sup>nd</sup> ANNUAL

## LEWIS-CLARK HALF MARATHON & 5K

Saturday, October 17, 2020, 9:00 AM

Kiwanis Park



**Course closes 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 Kiwanis Park. The park is located at 710 Snake River Ave, across from Riverview Marina. For more information, contact our race director, Randy, at [cavanaugh90@yahoo.com](mailto:cavanaugh90@yahoo.com). Visit our website, [www.seaportstriders.com](http://www.seaportstriders.com), for more club information.

**Cost:** \$15.00 run only or \$30.00 with shirt if you pre-register by September 30<sup>th</sup>. Fees after September 30<sup>th</sup> are \$20.00 run only or \$35.00 with shirt. Must register by September 30<sup>th</sup> 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.

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

**\* Early starters will have their race bibs/numbers identified 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, US Army Corps of Engineers, 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 for Half: \_\_\_\_\_**

\$ 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).

\$+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 entrants after September 30<sup>th</sup>. Shirts not guaranteed for late entrants.**

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

\$ \_\_\_\_\_ **TOTAL REGISTRATION FEE --- 2020 LEWIS-CLARK HALF MARATHON & 5K**

On-line Registration is available at [www.raceentry.com](http://www.raceentry.com) : click on Find Races & type in Seaport Striders