

SEAPORT STRIDERS RUNNING CLUB

35th ANNUAL

Run for the Hill of It

Race up Lewiston's Old Spiral Highway

Saturday, May 20, 2023, 9:00 AM

7 Mile Course, 1700' Elevation Change

Timed Race.



Registration: Check-in and same-day registration from 8:00am on Wall St (across from Old Spiral Hwy), in North Lewiston, Idaho. For more run information, contact Jeff at Jeff@RomneyH.com. Visit our website, www.seaportstriders.com, for more club information.

Cost: \$15.00 run only or \$30.00 with a shirt if you pre-register by May 13th. Fees after May 13th are \$20.00 run only or \$35.00 with a shirt. Must register by April 30th 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: Start from north end of Wall St, cross Down River Rd, and head up Old Spiral Highway to finish line near the Lewiston Overlook. You are responsible for your own ride down.

Awards: Awards to top male & female finishers and ribbons for all age-group winners. Finisher medals for all participants.

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, 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:

\$ **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 2023!

\$ **+20.00** – Seaport Striders Family (same household, kids 18 yrs & younger) club membership for 2023!

Family members' names & ages: _____

\$ **-2.00** – **Subtract \$2.00** I am a 2023 member of the Seaport Striders Running Club!

\$ **+5.00** – **Late Fee for all entrants after May 13th.**

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

\$ _____ **TOTAL REGISTRATION FEE --- 2023 RUN FOR THE HILL OF IT**

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