

Doc Sears

Fall Classic 5K

Cross Country Run



November 12, 2022 – 10am

LCSC Cross Country Trail at Community Park

- A no frills **CROSS COUNTRY** fun run. No awards, but will have a small raffle of LCSC Cross Country team gear approximately 1 hour after race start.
- Race will be chip timed.
- Course is **CROSS COUNTRY**, so you will be running on dirt and grass trail. So dress appropriately. This is the same course that we host our collegiate and high school cross country meets including the Idaho State Championships, Frontier and Cascade Conference Championships and multiple other races.
- FEES: \$10.00. No late fees. Can mail in ahead of time to me (Coach Collins) at 500 8th Ave, Lewiston, ID 83501. Allow mail time if you are last second mailer. Otherwise, just bring your entry form with you to the race.
- All proceeds will go to scholarship for the men's and women's cross country teams.

NAME: _____ Age: _____ Gender: _____
Address: _____ City: _____ State: _____ Zip: _____
Email: _____

Please Read Below and sign before submitting

I know that competing in a fun run is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I assume all risks associated with competing in this event, including, but not limited to falls, contact with other participants, the effects of weather, traffic, interactions with non-participants and the conditions of the road and or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, myself and anyone entitled to act on my behalf, waive and release any and all sponsor and organizers, their officers, agents and assigns, the race director and volunteers from all claims or liabilities of any kind arising out of my participation in this event, even through that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. I also understand that my entry fees is non-refundable and non-transferable. There is a \$35.00 replacement fee for all non returned chips if using shoe tags. Bib tags are disposable and are not to be returned. ACTS OF GOD AND OTHER: although it is not anticipated tat weather, road construction, etc... will affect the race, the race organizers reserve the right to adjust the course, the time of the race and any other compensations necessary due to factors beyond their control which includes, but is not limited to weather, road construction,.... We will make every effort to conduct the race to the best of our ability with the safety of all participants and volunteers in mind.

SIGNATURE: _____ Date: _____