

Nifty Fifty 50K/25K/10K

Sponsored by Southeast Road Runners, RRCA Sanctioned

Race Date: August 9, 2014 (Saturday)

START TIME: 50k: 8:30 a.m. 25k and 10k: 9:00 a.m.

COURSE DESCRIPTION:

Each race starts and finishes at the end of Basin Road away from town. The 10k is out and back on Perseverance Trail. The 25k is on Perseverance Trail and Salmon Creek Trail. The 50k is on Perseverance Trail, Red Mill Trail, Granite Creek Trail, Mt. Roberts Trail, and Salmon Creek Trail. For a detailed course description and preregistration go to ultrasignup.com and search for the Nifty Fifty.

RACE CONTACT: Keith Levy 907-586-1427 keithblevy@gmail.com

ENTRY FORM

<u>Distance</u>	<u>Preregistered</u>	<u>Race Day</u>
[] 50k	\$15	\$20
[] 25k	\$10	\$15
[] 10k	\$10	\$15

LAST NAME _____ **FIRST NAME** _____

Sex M _____ F _____ **Date of Birth** _____

MAILING ADDRESS: _____

E-MAIL: _____ **PHONE:** _____

WAIVER AND RELEASE: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official in order to safely complete the run. I assume all risks associated with running and volunteering to work in club races. I am aware of the risks, which include falls, contact with other participants, the weather, road or trail conditions, and traffic. I have read this waiver and know the facts about running and road and trail races. In consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive any right I may have to pursue an action against the Southeast Road Runners Club, the Road Runners Club of America, and all sponsors, and the representatives and successors of these entities, for liabilities of any kind arising out of my participation in club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. **Strollers, Dogs, Roller Blades, and Headphones are NOT allowed.**

SIGNATURE: _____