

GENESEE COW CREEK RUN

Saturday, June 12, 2010



**In conjunction with Genesee's Annual Community Day
(14 miles south of Moscow or 14 miles North of Lewiston on Highway 95)
Runners * Walkers * Men * Women * Kids * Families**

- TIME:** Race starts at 8:30 a.m. Check in and late registration will be at the corner of Walnut (Main) and Fir, under the bank awning, starting at 7:30 a.m.
- FEE:** Register by June 1st and pay \$12 (including T-shirt). Pay \$4 for the no-shirt option. Register after June 1st and pay \$15 (including T-shirt). Pay \$6 for the no-shirt option.
- COURSE:** Five (5) miles – The five mile course begins on Main Street, into the country on paved and gravel roads. There is a challenging (but short) hill at the 1 1/4 mark. Two (2) miles – The two mile course is all paved in town, and consists of two one-mile loops. Both courses are accurately measured and well marked. Water and aid stations are available. Times will be given at each mile post. Order of finish and times will be posted as soon as possible after the run.

RELEASE

I know that running a road race, regardless of the distance, is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete this road race and I further agree that race officials may authorize necessary emergency treatment for me. I also understand that police protection will not be provided and both vehicular traffic and spectators will be present along the course, and I assume the risk of running under such conditions. I further assume any and all other risks associated with participating in the Genesee Cow Creek Run, including but not limited to illness, traveling to and from the event, falls, contact with spectators and other runners, the effect of the weather (including temperature extremes and aridity) and the surface condition of the roads, 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 hereby for myself, my heirs, my executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge Genesee Community Day, Genesee Civic Association, Race officials, volunteers, and any and all sponsors, suppliers, agents, independent contractors, employees, and any other personnel in any way assisting or connected with this running event from any and all claims or liability of any kind or nature whatsoever arising out of my participating in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or parties named in the waiver.

Signature

Date

MAIL TO:

Sign-Up Form

Shirt Size : Adult S M L XL

Cow Creek Run
C/o Kathy Zenner
2496 Gen/Jul Road
Genesee, Idaho 83832
(208) 285-1536

Or drop off at:

Genesee City Hall
140 East Walnut
Genesee, Idaho 83832
(208) 285-1621

Name

Address

Gender

Age

Phone

- | | |
|--|---------|
| <input type="checkbox"/> 2-mile – Early (T-Shirt) | \$12.00 |
| <input type="checkbox"/> 2-mile – Late (T-Shirt) | \$15.00 |
| <input type="checkbox"/> 5-mile – Early T-Shirt | \$12.00 |
| <input type="checkbox"/> 5-mile – Late (T-Shirt) | \$15.00 |
| <input type="checkbox"/> 2-mile – Early (No Shirt) | \$5.00 |
| <input type="checkbox"/> 2-mile – Late (No Shirt) | \$6.00 |
| <input type="checkbox"/> 5-mile – Early (No Shirt) | \$5.00 |
| <input type="checkbox"/> 5-mile – Late (No Shirt) | \$6.00 |



Thank You Tri-State for Sponsoring this Event