2019

4th of July

5K FUN RUN & WALK

Thursday ~ July 4th ~ 9:30am

start/finish at the foot of I Street, Arcata marsh parking lot

23 years at the Arcata marsh!

Sponsored by SRRC

ARCATA HIGH ~ KATHERINE MCCAUGHEY MEMORIAL SCHOLARSHIP FUND

refreshments, raffle prizes, fun!

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Complete form, sign waiver, enclose check made payable to SRRC

mail to: 2019 4th of July 5K, c/o 6RRC P.O. BOX 129 BAYSIDE, CA 95524

FOR OFFICIAL USE ONLY

FIRST NAME _____ LAST _____

CIRCLE ONE

SEX M F AGE ____ BIRTHDATE ___-___-___ PHONE ___-___-____

ADDRESS _____

CITY _____ STATE ____ ZIP _____

Email address: _____

ADULTS $10.00 _____ ; KIDS 17 & UNDER $5.00 _____

_____ X_____

Date **ALL ENTRANTS MUST SIGN WAIVER.** (Parent or Guardian if under 18)

WAIVER: Intending to be legally bound, I do hereby certify that my training and health are adequate for me to safely compete in the SRRC 4th of July 5K Run & Walk. I will waive and release any claims for damages or injuries as a result of my participation in said event to the following entities: City of Arcata, Six Rivers Running Club, Event Sponsors, Event Volunteers; and hold them harmless from any and all liabilities and claims made by other individuals or entities as a result of my actions during the 2019 4th of July event. **I FURTHER UNDERSTAND THAT, DUE TO RRCA INSURANCE RESTRICTIONS, BICYCLES, STROLLERS, BABY JOGGERS, & DOGS ARE NOT ALLOWED TO PARTICIPATE IN, OR BE ON THE COURSE, DURING THE EVENT.**