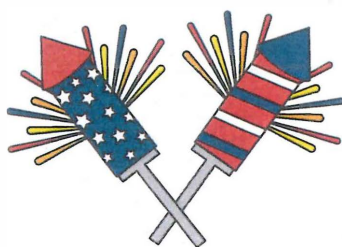
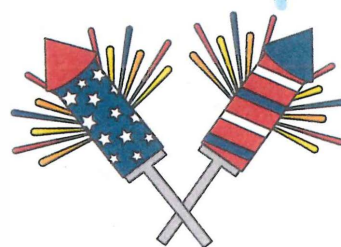




ARCATA HIGH SCHOOL



4TH
OF JULY



5K Fun Run & Walk

JULY 4TH @ 9:30 AM

SUPPORT AHS RUNNING TEAMS

START/FINISH
FOOT OF 1 ST ARCATA MARSH

PRE-REGISTRATION JULY 1 TO 3

5:00PM - 7:00PM

ADULTS
\$10

AHS MAIN PARKING LOT

RAFFLE PRIZES, REFRESHMENTS,
AND A WHOLE LOT OF FUN

KIDS
\$5

SPONSORED BY SRRC



ARCATA HIGH SCHOOL

4TH
OF JULY

5K Fun Run & Walk

JULY 4TH AT 9:30 AM

START & FINISH AT FOOT OF I ST, ARCATA MARSH PARKING LOT

ADULT: \$10 KIDS: \$5

Participant Information

LAST NAME:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

FIRST NAME:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

AGE : _____

Gender ☐ Male ☐ Female

Phone Number : _____

E-Mail _____

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 the said event to the following entities: City of Arcata, Six Rivers Running Club, Arcata High School, Northern Humboldt Union High School District, 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 2025 4th of July event. I FURTHER UNDERSTAND THAT, DUE TO RRCA INSURANCE RESTRICTIONS, BICYCLES, STROLLERS, BABY JOGGERS, AND DOGS ARE NOT ALLOWED TO PARTICIPATE IN, OR BE ON THE COURSE, DURING THE EVENT.

NAME (PRINT) _____

DATE : _____

SIGNATURE: _____

SPONSORED BY SRRC

ALL PROCEEDS WILL BENEFIT AHS RUNNING TEAMS

