

ARCATA HIGH SCHOOL

**4<sup>TH</sup>**  
**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**

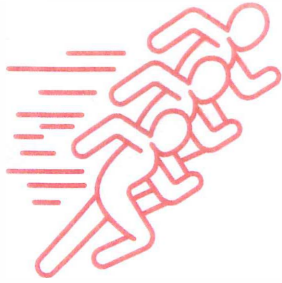
**AHS MAIN PARKING LOT**

**RAFFLE PRIZES, REFRESHMENTS,**  
**AND A WHOLE LOT OF FUN**

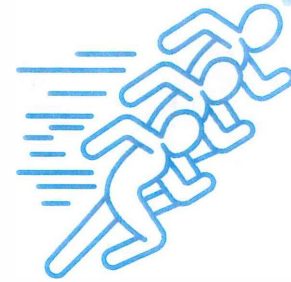
**KIDS**  
**\$5**

**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 2026 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**

