



2023



4<sup>th</sup> of July

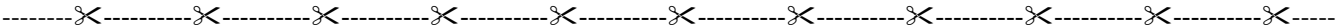
5K FUN RUN & WALK

Tuesday ~ July 4<sup>th</sup> ~ 9:30am

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

Sponsored by SRRC

refreshments, raffle prizes, fun!



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

Bring this form to the registration table on July 4, 2022

FOR OFFICIAL USE ONLY

Registration form fields: FIRST NAME, LAST, SEX (M/F), AGE, BIRTHDATE, PHONE, ADDRESS, CITY, STATE, ZIP

Email address:

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

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 2022 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.

