



2016

4TH OF JULY

**ARCATA HIGH ~ KATHERINE MCCAUGHEY
MEMORIAL SCHOLARSHIP FUND**

5K FUN RUN & WALK

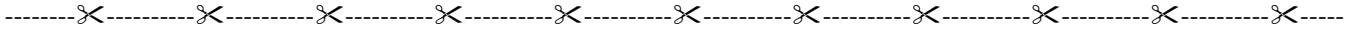
SPONSORED BY 6RRC

20 YEARS AT THE ARCATA MARSH!

START/FINISH AT THE FOOT OF I ST – ARCATA MARSH PARKING LOT

MONDAY ~ JULY 4TH ~ 9:30AM (RACE DAY REGISTRATION 7:30-9:30AM)

REFRESHMENTS, RAFFLE PRIZES, FUN!



**Complete form, sign waiver, enclose check made payable to 6RRC
mail to: 2016 4th of July 5K, c/o 6RRC P.O. BOX 129 BAYSIDE, CA 95524**



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 _____

Date _____ **X** 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 6RRC 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 2016 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.**

