

GENESEE COW CREEK FUN RUN

Saturday, June 8, 2019

In conjunction with Genesee's Annual Community Day (14 miles south of Moscow or 14 miles North of Lewiston on Highway 95)



TIME: RACE STARTS AT 8:30 a.m. CHECK IN/PACKET PICK UP AND LATE REGISTRATION will be THURSDAY, June 6th, 6:00pm–8:00pm OR Saturday, June 8th as early as 7:30am/Fir & Walnut (Wells Fargo). Forms: Received by May 24, 2019 are considered EARLY REGISTRATION. ALL FORMS received after, May 24, 2019, will be considered LATE. Late Fee of \$10/no shirt on site guaranteed.

COURSE: 5K (3.1 miles) ONLY ONE course. Begins on Walnut (Main Street/WELLS FARGO) thru a paved stretch in town and then you'll head out into the country on gravel road...short hill near the 2 mile mark...then a short downhill as you head for home on the flat...once back in town, you'll turn right onto a paved street and head back for the short distance to the FINISH LINE!! Order of finish and times will be posted as soon as possible after the Run!

AWARDS: Awards for First, Second and Third Places. (Male and Female)

THERE WILL BE A DRAWING, PRIOR TO THE RACE, FOR ALL OF THOSE WHO HAVE PRE-REGISTERED!

REFRESHMENTS FOR ALL AT THE END OF THE RUN!

RELEASE

I know that running a road race, regardless of the distance, is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete this road race and I further agree that race officials may authorize necessary emergency treatment for me. I also understand that police protection will not be provided and both vehicular traffic and spectators will be present along the course, and I assume the risk of running under such conditions. I further assume any and all other risks associated with participating in the Genesee Cow Creek Run, including but not limited to illness, traveling to and from the event, falls, contact with spectators and other runners, the effect of the weather (including temperature extremes and aridity) and the surface condition of the roads, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I hereby for myself, my heirs, my executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge Genesee Community Day, Genesee Civic Association, Race officials, volunteers, and any and all sponsors, suppliers, agents, independent contractors, employees, and any other personnel in any way assisting or connected with this running event from any and all claims or liability of any kind or nature whatsoever arising out of my participating in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or parties named in the waiver.

Participant's Signature _____

Parental Signature _____

Date _____

**Checks Payable to:
COW CREEK RUN**

Mail to:

**Cow Creek Run
Nyla Roach
234 E Walnut
Genesee, Idaho 83832
(208) 816-6136**

Or drop off at:

**Genesee City Hall
140 East Walnut
Genesee, Idaho 83832
(208) 285-1621**

Sign-Up Form
PLEASE PRINT

Name

Address

Male _____ Female _____
(Circle one)

Age _____

Phone _____

Shirt Size : Adult S M L XL 2XL 3XL
Youth S M L

- Early 5K (3.1 miles) Shirt) \$15.00
 Early 5K (No Shirt) \$8.00
 Late 5K (No Shirt) \$10.00

Shirts will be short-sleeved