



Windermere Marathon Friends & Family Relay

May 19, 2012

Entry Form

**908 N Howard St
Spokane WA 99201**

The Friends & Family relay is a four-person marathon relay. Teams may be any combination of male or female. For award recognition all results will be *both* age and gender adjusted (to equivalent of male age 30). The course is point-to-point with relay exchange points located at trailheads to the Centennial Trail. Bus transportation will be provided to the relay points, although teams may opt to use their own vehicle to move from point to point. Keep in mind parking at exchange points is very limited. The legs and exchange points are as follows:

- **Leg 1: 7.3 miles** from the marathon start to the Harvard Road Trailhead. This is the longest leg.
- **Leg 2: 6.5 miles** from the Harvard Road Trailhead to Mirabeau Park.
- **Leg 3: 6.4 miles** from Mirabeau to 2/10 mile past the 20-mile mark (across from John Shields Park).
- **Leg 4: 6.0 miles** to the finish in Riverfront Park.

Results will be age and gender adjusted for award purposes!

	Leg 1 Runner	Leg 2 Runner	Leg 3 Runner	Leg 4 Runner
Name				
Address (#, Street, Apt)				
City-State-Zip				
e-Mail				
Phone(s)				
Gender/Date of Birth	M F / /	M F / /	M F / /	M F / /
T-Shirt (XS,S,M,L,XL,2XL)				

Postmarked on or before	Fees Per Team
9/30/2011	\$195
12/31/2011	\$210
3/31/2012	\$225
5/16/2012	\$240
At Expo	\$255

Team Name: _____ **Waiver and release:** I know that running a road race 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 a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, effects of the weather, including high heat and/or humidity, the conditions of the roads/trails and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Windermere Marathon, llc., the City and County of Spokane, the City of Post Falls, the City of Spokane Valley, Washington State Parks Department, Road Runners Club of America, all

sponsors and contributors, volunteers and their representatives from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant my permission to all of the foregoing to use photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I also understand that my entry fee is nonrefundable. A parent or guardian must sign if entrant is under 18 years of age and parent or guardian, by so signing, certify that entrant has permission to complete this event and is in good physical condition. I authorize medical treatment deemed necessary by race officials for myself or my child. I understand that baby joggers or strollers and pets of any kind are not allowed in the race. I understand that the use of headphones is discouraged because they may impede my awareness of surrounding dangers and instructions from race officials and volunteers. **(Parent/Guardian must also sign for minor entrant)**

Leg 1 Signature: _____ Date: _____ Leg 2 Signature: _____ Date: _____

Leg 3 Signature: _____ Date: _____ Leg 4 Signature: _____ Date: _____