

BRRC'S 2019 Cross Country Series Fall Challenge

BRRC's Cross Country Series Runs consists of 4 trail runs at 4 different locations. The trail runs, locations and distances are listed below.

Qualifying Races or Volunteer Opportunities to Participate (September & October 2019)

- Audubon CC 5K Run/Walk: **Sept. 15th** at Audubon Park 10 am
- Seven Mille CC 5K Trail Run/Walk at 7 mile Airstrip in Riverside State Park-**Sept 22nd** 10 am
- Mead CC 5K Run/Walk at Mead High School- **Oct . 26th Saturday 9 am**
- Qualchan CC 12K Trail Run/Walk (over the bluff on High Drive)- **Nov 3rd** 10 am

THE CHALLENGE: MANTATORY!! Pre-register for **ALL FOUR BRRC Cross Country** Series Trail Runs in 2019 at one time, by paper entry form and pay a \$20.00 entry fee, cash or check **by mail, post-marked by September 9th 2019.** You **must** run in and finish all four races. Or Volunteer in the one race you do NOT run in in one of the designated volunteer jobs listed. See Rules for further clarification for options.

All successful Challengers Earn a Finisher's Shirt after the Qualchan Run.

BONUS RAFFLE

All successful Challengers will be entered in the Bonus Raffle drawing held at the time of the distribution of the **Finisher Shirt following the Qualchan Run.**

BONUS RAFFLE PRIZE: A Papa Murphy Gift Card for 1 pizza/a month for a year! (Estimated value \$200)

Mail in this form with your \$20.00 (non refundable) entry fee		To:
First Name _____	Last Name _____	BRRC
Address: _____ City _____ State _____ Zip _____		10514 N. Edna Ln.
Phone: _____ Shirt Size: (circle) XS S M L XL Men's Women's		Spokane, Wa. 99218

Please mark on the line before each run below the runs you plan to complete by wring in "run" OR mark the one you choose to volunteer for by writing VOL. You MUST do ALL FOUR to complete the challenge.

_____ (Audubon) _____ (7 Mile) _____ (Mead) _____ (Qualchan)

WAIVER: In consideration of acceptance of this entry and intending to be legally bound, I hereby for myself, heirs, executors and administrators waive, release and discharge any and all rights and claims to damages which I may have or which may hereafter accrue to me against the Bloomsday Road Runners Club, other sponsors of these runs, or respective officer, agents, representatives, successors and/or assigns, for myself in connection with my entry and/or travel to, participating in, and returning from the cross country races at Audubon Park on September 15, Seven Mile on Sept 22, Mead on Oct. 26 and Qualchan on November 3. Realizing the dangers of using headphones while running, I agree I will not wear them. Also, I agree that I will not run with a dog. I have read the above statement. I understand it, and my signature confirms its acceptance.

SIGNATURE _____ DATE _____

IF UNDER 18, PARENT'S SIGNATURE _____

BRRC'S 2019 CROSS COUNTRY SERIES

FALL CHALLENGE

1. Welcome to BRRC's 2019 Cross Country Series Fall Challenge and thank you for your \$20.00 non-refundable Challenge entry fee.
2. To successfully complete this challenge you must start the challenge by signing up for all 4 BRRC Cross Series races at the same time on the mail in entry form with your \$20.00 entry fee included and it must be postmarked no later than Sept. 9th.
3. Participating in each event means that you run or walk the designated course of the race in its entirety from start to finish. For Details of Races, days, start time etc-see the Race ad for the 2019 CC series
4. You MUST sign in on the provided "sign in sheet/waiver that will be available at each race where you pick up your running bib for that race.
5. The qualifying Races are: Audubon 5K on Sept 15th at Audubon Park 10:00 am, Seven Mile CC 5K on Sept 22nd at 7 Mile Airstrip at Riverside State park. Mead CC 5K at Mead HS on Oct 26th, and Qualchan CC 12K on Nov 3rd
6. If you don't want to RUN and COMPLETE all four CC races, there is another way to participate and that is that you MUST RUN and COMPLETE a minimum of three of them and can volunteer at one of the assigned designated by the Race Director volunteer jobs **for the Race that you choose NOT to Run**. You would do this by submitting the entry form and fee as directed previously, but mark by the race that you do not want to run with a VOL instead. **FOR EXAMPLE:**

If you don't run **Audubon Park** and wish to volunteer there, to meet the challenge available volunteer jobs are:

- to show up early (8 AM) and help with course set and stay through the race as a pointer at a designated location, and stay to clean up the set-up after the race is over.
- Someone to return course marking items to the BRRC Storage Shed

If you don't run **7 mile** and wish to volunteer there, to meet the challenge , available volunteer jobs available are:

- A pointer to stand and direct for lap 1
- A pointer to stand and direct for lap 2
- Someone to help remove and clean up the course following the race
- Someone to return the items to the BRRC shed after the course is broken down.
- 2 persons to do the timing with the Seikos at the finish line

If you don't run **Mead** and wish to volunteer to meet the Challenge #2, the available volunteer jobs are

- 2 persons to do the timing with the Seikos
- Someone to pull tags from runners as they go through the chute
- Someone to run batched tags to the results person.

If you don't run **Qualchan** and wish to volunteer to meet the challenge #2, the following volunteer jobs are available in order of necessity

- Though the Run is on Nov 3rd, someone to meet Walter, the Race Director, the day before to assist him in pre-planning the laying out of the course for Race day.
- Someone to assist with marking the course on the trail down over the bluff on High Drive at 7am the morning of the run, by meeting Walter, the Race Director to lay out the course prior to the start of the 12K at 10 am.
- Pointers are needed at strategic locations down over the side of the bluff on the trail where runners could take wrong turns. At 7 am the morning of the run meet Walter, the Race Director to take you to those spots, or meet him the day before when he plans the course as to where your assignment might be.