

28th ANNUAL BRRRC CROSS COUNTRY SERIES

EXPERIENCE RUNNING IN ITS ORIGINAL FORM IN THESE FOUR BRRRC RACE SERIES EVENTS



Where: Audubon Park -- Sunday Sept 15
Seven Mile - Sunday Sept 22 (just before Wilbur trail head on N. Aubrey White Parkway, just past 7 mile bridge...Follow the signs!)
Mead - SATURDAY October 26 (note that this is a Saturday!!)
Qualchan Sunday November 3--BERNARD & High Drive)

TIME: EVERYONE: @ Mead will run at 9:00 am
EVERYONE: 10:00 a.m. at Audubon, Seven Mile and Qualchan
Kids: Audubon and Seven Mile about 10:45/ about 9:45 @ Mead

DISTANCE: Audubon, Mead and Seven Mile - 3.1 miles
Qualchan: Measured Distance: 7.46 miles

AWARDS: Ribbons for top 20 men and women at Audubon, Mead, 7mile and Qualchan.
Kids races immediately follow adults race. Parents determine the distance they want their children to run.. Everyone gets a participation ribbon.
FEE: \$4.00 per race or \$15.00 for all four for BRRRC members
\$5.00 per race for nonmembers. Make checks payable to BRRRC
Mail registration and checks to: BRRRC 10514 N Edna Ln, Spokane Wa 99218

ALL VOLUNTEERS NEED TO NOTIFY Sue Fitzpatrick prior to events:368-9751 pfitsa@comcast.net

Mail entry to: BRRRC Cross Country Series, 10514 N Edna Ln, Spokane, WA 99218

Entry Form for the 2019 Cross Country Series

Name _____ Gender _____ Age _____ DOB _____

Address _____ City/state _____ Zip _____

Phone: _____

Please check the run below you plan to participate and enclose the appropriate fee:

_____ (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 _____