

**BRRC Presents the 29th Annual Partners in Pain 5K
THE RACE IS ON SATURDAY! VALENTINES DAY!!!**

PLEASE READ CAREFULLY- there are several changes!

Proceeds go to the Bloomsday Road Runners Club Youth Fund

LOOK @ OUR NEW WEBSITE partnersinpain5krun.com for the latest info (available in Jan)

Partners = A fun run for couples, with awards to teams with the fastest combined times.
in

Pain = The crazy desire to run in the middle of winter, without regard to seasonal hazards.

WHEN? **SAT.** February 14, 2015 10:00 a.m. (Check in & individual late registration 8:30- 9:30)

No DOR registration for teams! (if you have a change on a team, please get to registration **before 9 am** and we will do our best to make the change) **DOR will close at 9:30 am SHARP!**

Last chance to register your team is from 5 pm - 7 p.m. on FRIDAY February 13 at **WEST CENTRAL COMMUNITY CENTER**

WHERE? Starts at **WEST CENTRAL COMMUNITY CENTER**, 1603 N. Belt, Spokane, WA

WHO? TEAMS, INDIVIDUALS, WHEELCHAIRS, EVERYONE

AWARDS GO TO:

- 1st individual open male and female (team members ineligible)
- 1st individual masters male and female (team members ineligible)
- 1st team overall (male/female pairs)
- 1st team (male/male)
- 1st team (female/female)
- 1st team in each age group (male/female pairs only!)

Ribbons- 2nd - 6th place teams in each age group. (male/female pairs only!)

AGE GROUP AWARDS: **FOR MALE/FEMALE PAIRS ONLY!** Add ages together (1-42) (43-60) (61-80) (81-95) (96-112) (113-129), (130+)

OTHER COOL STUFF:

Long-Sleeved Performance T-shirt in men's and women's sizes(women's sizes run @ least one size small—sample shirts are available to see at both Runners Soul stores)

CHIP TIMING BY ACROSS THE LINE TIMING

POST RACE: Prize drawing (must be present to win)

COST: Postmarked by Fri. Jan. 30, 2015:

\$25.00 per person – add \$3.00 for XXL and XXXL (with shirt)

\$13.00 per person (no shirt)

SIGN UP ON RACEMINE.COM and save \$3 per person on our costs! AND late fee isn't added until Sun. Feb. 1 @ midnight.

******Late fees****** Add \$10.00 per person (shirts mailed)/ \$5.00 no shirt

Send checks payable to BRRC to:

**BRRC Partners in Pain
26418 N. River Estates Rd.
Chattaroy, WA 99003**

**You may also drop your entry at either Runners Soul store
(by Sat. 1/31/15 to avoid late fees)**

You may also register online at RACEMINE.COM (IT is cheaper for this race on line than on paper-even with the their processing fee!)

Race personnel reserve the right to delay, cancel or suspend the race due to inclement weather. Participants must abandon the race if ordered to do so. Registration fees will not be refunded if the race is cancelled due to inclement weather.

Questions? Call 999-5856 *Please note:* In case of extreme weather conditions call 999-5856 after 7:00 a.m. on race day and listen to the message. Do not call West Central Community Center for information.

COURSE IS NOW USATF CERTIFIED!

**Due to insurance regulations: NO DOGS ALLOWED!
ENTRY FORM ON NEXT PAGE!!**

ENTRY FORM FOR THE The 29th Annual BRRC Partners in Pain 5K on SATURDAY Feb. 14 (important info is on the previous page)

PLEASE PRINT NEATLY AND INCLUDE ALL OF THE INFORMATION. This will increase the chance that your results will be correct. Also, if you need a shirt mailed, it will increase the chances it gets to your address!

READ INFO PAGE! ENTRY IS CHEAPER ON LINE @ RACEMINE.COM

Individual or PARTNER #1

PARTNER #2

Name _____ M or F

Name _____ M or F

Address _____

Address _____

City/St./Zip _____

City/St./Zip _____

Phone # _____ Age _____ Birthdate _____

Phone # _____ Age _____ Birthdate _____

EMAIL ADDRESS _____

EMAIL ADDRESS _____

_____ I am a member of the BRRC and want my results to be applied to the BRRC series.

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COMBINED TEAM AGE * _____

***this is for age group awards which are for male/female pairs only!**

_____ My partner and I are both in high school and want to compete in the high school category (M/F Category only)

Long-sleeved Performance T-shirt **PLEASE circle all that apply to you:**

| | Please circle choice: | Please circle size: | NOTE: |
|----------------------|--------------------------|---|--------------------------|
| Individual/Partner 1 | Men's cut Women's cut | S M L XL XXL XXXL (only men's sizes) NS | Add \$3.00 for 2XL & 3XL |
| Partner #2: | Men's cut Women's cut | S M L XL XXL XXXL (only men's sizes) NS | Add \$3.00 for 2XL & 3XL |

I would like to donate an additional contribution for youth running in Spokane:

Additional Amt. Enclosed _____

**Send checks payable to BRRC to:
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26418 N. River Estates Rd.
Chattaroy, WA 99003**

**POSTMARKED by Fri. Jan 30 or
You may also drop your entry at either Runners Soul store
by Sat Jan 31 to avoid late fees**

Please read and sign: I know that running and volunteering to work at club races are potentially hazardous activities. I should not enter and run in the Feb. 14, 2015 Partners in Pain 5K 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 but not limited to falls, contact with other participants, the effects of the weather including high or low temperatures and/or humidity, the conditions of the road and traffic on the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my application for this race, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Bloomsday Road Runners Club, the City of Spokane, the West Central Community Center and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Individual or Partner #1

Partner #2

Signature _____ Date _____

Signature _____ Date _____

PARENT'S SIGNATURE (required if under 18)

PARENT'S SIGNATURE (required if under 18)

_____ Date _____

_____ Date _____