

**BRRC Presents the 31st annual Partners in Pain 5K
THE RACE IS ON SATURDAY!**

**Proceeds go to the Bloomsday Road Runners Club Youth Fund
LOOK @ OUR WEBSITE partnersinpain5krun.com for the latest info**

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 11, 2017 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) All DOR will close at 9:30 am SHARP!

PACKET PICK UP – FRI. FEB. 10 5-7 pm @ **West Central Community Center**. This is the Last chance to register your team

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-
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 aren't too consistent—it depends on the company and it varies from year to year! There is a size chart on partnersinpain5krun.com)

CHIP TIMING BY ACROSS THE LINE TIMING

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

COURSE IS USATF CERTIFIED!

COST: Postmarked by Mon. Jan 23, 2017: * please don't mail your entry past Feb 1!

\$25.00 per person – add \$3.00 for XXL - XXXXL (with shirt)

\$15.00 per person (no shirt)

SIGN UP ON RACEMINE.COM AND late fee isn't added until Weds. Jan 25 @ 11:59 pm.

******Late fees****** Add \$10.00 per person (shirts mailed)

Send checks payable to BRRC to:

BRRC Partners in Pain

P.O. BOX 261

Chattaroy, WA 99003

You may also register online at RACEMINE.COM

You may also drop your entry at either Runners Soul store

(by Weds. 1/25/17 to avoid late fees)

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.**

For everyone's safety: NO DOGS ALLOWED!

ENTRY FORM ON NEXT PAGE!!

ENTRY FORM FOR THE The 31st Annual BRRC Partners in Pain 5K on SATURDAY Feb. 11 (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! PLEASE CONSIDER REGISTERING ONLINE @ RACEMINE.COM

Individual or PARTNER #1

PARTNER #2

Name _____ M or F

Name _____ M or F

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

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

Address _____

Address _____

City/St./Zip _____

City/St./Zip _____

Phone # _____ Age _____ Birthdate _____

Phone # _____ Age _____ Birthdate _____

EMAIL ADDRESS _____

EMAIL ADDRESS _____

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	XS S M L XL XXL XXXL XXXXL NS	Add \$3.00 for 2XL- 4XL
Partner #2:	Men's cut Women's cut	XS S M L XL XXL XXXL XXXXL NS	Add \$3.00 for 2XL - 4XL

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

Additional Amt. Enclosed _____

Send checks payable to BRRC to:
BRRC Partners in Pain
PO Box 261
Chattaroy, WA 99003

POSTMARKED by Mon. Jan 23 or
You may also drop your entry at either Runners Soul store
by Weds. Jan 25 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. 11, 2017 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 _____