

The 28th Annual BRRC Half-Fast Ultimate Runner

LIMITED TO THE FIRST 60 entrants.

August 25, 2019 at Mead High School - 302 W. Hastings Rd.

7:30 a.m. - 5K

8:20 a.m. - 400 M

9:05 a.m. - 100 M

9:40 a.m. - 1600 M

10:20 a.m. - 10K*

***This schedule is tentative. Actual times depend on the number of heats and participants.**

What: A **challenging** day of races. Each participant runs a 5K, 400 meter, 100 meter, 1600 meter and 10K. All races are on the track. Points are awarded based on time. 1/4 inch or less spikes allowed.

Cost: \$35.00 for BRRC members. \$45.00 for non-members (postmarked by August 8). This includes a FINISHER'S singlet....THERE is a \$20 late fee after postmark date - You must preregister to get a singlet on race day. Singlet not guaranteed after postmark date.

NO SHIRT OPTION \$20 postmarked by Aug 8 / \$30 postmarked Aug 9-19 / \$40 Race day
***** NO shirt option is the only option day of race.

Awards: Plaques to the first male and female in the open (0-39), master's (40-54), and senior's (55+) divisions. Ribbons for places two through ten in each division.

Aid: Water will be provided in the 5K and 10K. Competitors will provide any other refreshments.

YOU MUST COMPLETE ALL FIVE EVENTS TO BE ELIGIBLE FOR FINISHERS' SINGLETS, AWARDS, & RECORDS

We need LOTS of volunteers!!! Please email halfastultimate@gmail.com if you are interested in helping.

Please send entry form and non-refundable fee to: **BRRC**
ATTN: Ultimate Runner
P.O. Box 261
Chattaroy, WA 99003

* This event not sponsored or endorsed by Mead School District.

ENTRY FORM FOR THE 28th ANNUAL BRRC HALF-FAST ULTIMATE RUNNER

NAME _____ AGE ON 8/25/19 _____ M ----- F -----

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ SINGLET SIZE S ---- M ----- L ---- XL ----- (MEN'S ----- WOMEN'S ----)

Amt. Enclosed: \$ _____ Contribution for volunteer awards \$ _____

DECLARATION: 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 may hereafter accrue to me against the Bloomsday Road Runners Club, Mead School District, other sponsors of this run, or respective officers, agents, representatives, successors and/or assigns, for myself in connection with my entry and/or travel to, participating in, and returning from the BRRC Half-Fast Ultimate Runner August 25, 2019. I have read the above statement. I understand it, and my signature confirms its acceptance.

SIGNATURE: _____ DATE: _____

IF UNDER 18, PARENT'S SIGNATURE _____

