

Explore Spokane Valley on a selection of Multi-Sport Activities

September 19-27, 2020

<https://valleyfest.org/multisportchallenge>



Valleyfest Multi-Sport Valley Challenge

Valleyfest Multi-Sport Events look different in 2020. To stay COVID-safe, we challenge the community to explore the Spokane Valley on a series of outdoor adventures over 10 days in September. Select from a list of Valley experiences to get your adrenaline surging and endorphins moving while enjoying our beautiful area. The cost to register is \$5.00 plus \$1.58 processing fee and all finishers receive a fun Virtual Swag Bag.

Who can participate? People who want to be active and explore Spokane Valley.

When? Saturday, September 19 through Sunday, September 27, 2020 - **REGISTRATION OPEN UNTIL SEPTEMBER 17, 2020**

Awards and Accolades? Volunteers are securing fun and excellent Valley Swag from our Sponsors. Follow Valleyfest on Facebook and Instagram to learn more about the goodness for our Spokane Valley adventurers. Do one or do ALL of them. If a competitor finishes three or more challenges, then the athlete is entered into a drawing for a big basket of local swag.

Challenges - Choose your favorite location to explore in the Spokane Valley.

Challenge 1: Appleway Trail – Run/Walk/Bike/Roller Blade

Challenge 2: Centennial Trail – Run/Walk/Bike/Roller Blade – 5K or 10K

Challenge 3: Spokane River – Canoe/Kayak/Standup Paddle Board – Sullivan, Mirabeau, Plantes Ferry, and Island Trailhead

Challenge 4: Dishman Hills Natural Area – Run/Walk/Hike

Challenge 5: Dishman Hills Conservation Area - Iller Creek Trails – Run/Hike/Bike

Challenge 6: Dishman Hills Conservation Area – Glenrose – Run/Hike/Bike

Challenge 7: Beacon Hill and Camp Sekani – Mountain Bike

Challenge 8: Mica Peak Conservation Area – Mountain Bike

Challenge 9: Minnehaha Park – Rock Climb

Challenge 10: Antoine Plante Statue – Find it!

ONLINE: at Valleyfest.org (Visa or MasterCard accepted) **PHONE:** (509) 922-3299

MAIL: Attach check payable to: Valleyfest • P.O. Box 368 • Spokane Valley, WA 99037

First/ Last Name: _____ **Birthdate:** _____ **Sex:** Female or Male

Address: _____ **City, State:** _____ **Zip:** _____

Phone: _____ **E-mail:** _____

Release and Waiver: I know that participating in Valleyfest Multi-Sport Challenge is a potentially hazardous activity. I know I should not enter and participate unless I am medically able and properly trained. I also acknowledge and assume all risk associated with the possible contact with volunteers, spectators, walkers, bicycles, skateboards, other participants, and the like (i.e.; uneven pavement, rocks, water, tripping, falls, etc.) throughout the Spokane Valley. Knowing and appreciating these risks and in consideration of your acceptance of my entry, I hereby for myself, heirs, legal representatives, or anyone else claiming on my behalf, covenant not to sue, and waive, release and discharge Valleyfest, Spokane County, and/or the City of Spokane Valley, volunteers, and sponsors along with anyone else acting for or on behalf of the Valleyfest organization from any and all claims of liability for death, personal injury or damage of any kind arising out of my participation. This Release and Waiver extends to all claims of every kind whatsoever, foreseen or unforeseen, known or unknown. I also hereby consent to permit and accept responsibility for emergency treatment in the event of injury or illness. Valleyfest suggests racers carry ID and any pertinent medical information with them at all times.

Signature (Acknowledge that I have read the above waiver and I agree and accept all terms and conditions set forth herein)

Date

Signature of Parent/Guardian if Participant is under 18. All youth under 13 must be accompanied by an adult.

Date