

Valleyfest 5K/10K Run

Sunday, September 22, 2019 at 8:00 a.m.

Plantes Ferry Sports Complex/Centennial Trail

12308 E Upriver Drive, Spokane Valley, WA 99206

<https://valleyfest.org/5k10krun/>

All run registrations after Monday, September 16, at 10:00 a.m.
will **NOT** receive an event t-shirt.

Event will be held rain or shine - No Refund

Bloomsday Qualifier- Second Seed

TIMED RACE: Starts at 8:00 AM [Across the Line Timing](#) is timing the event.



ENTRY FEE: \$25 for 5K if registered by September 16, 2019, includes t-shirt
\$30 for 10K if registered by September 16, 2019, includes t-shirt

5K COURSE: Athletes run west past the Plantes Ferry obelisk to Island Trailhead and continue over the Spokane River on the Denny Ashlock Bridge, turn left, then turn around near milepost 12 on the Centennial Trail for a 5K loop.

10K COURSE: Same start as the 5K but continue further on the Centennial Trail. Turn around a short distance passed the South Mirabeau Trail Head for a 10K loop.

Park at Plantes Ferry Sports Complex

Start and Finish at the West Picnic Shelter at Plantes Ferry Sports Complex. If west parking lot is full, go to parking lot off of Wellesley. 12308 E Upriver Drive, Spokane, WA 99216

REGISTRATION:

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

LATE REGISTRATION: No t-shirt for runners who register after September 16, 2019. No registration available day of event.

AMENITIES: Timed Race, each participant receives a goodie bag

PACKET PICKUP: Pick up race number at one of the following check in times:

Friday, September 20, 4:00 PM - 7:00 PM and Saturday, September 21, 10:00 AM - 2:00 PM

Fleet Feet, Spokane Valley - 13910 E Indiana Ave, Spokane Valley, WA 99216

Please print clearly. TIMED 5K 10K RACE (check one): RUNNER HANDCYCLE

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

Address: _____ City, State: _____ Zip: _____

Phone: _____ E-mail: _____

T-shirt size (one per person): Adult Youth S M L XL Other: _____

Release and Waiver: I know that participating in Valleyfest 5K/10K Run 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.) on the Centennial Trail. 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 Run 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 _____