

Valleyfest River Run

Sunday, September 22, 2024 at 8:00 a.m.

Plante's Ferry Sports Complex-Shelter

12320 E Upriver Drive, Spokane Valley, WA 99216

All run registrations after Tuesday, September 10th will **NOT** receive an event t-shirt.

More information at Valleyfest.org

Bloomsday 2nd Seed Qualifier!

Event will be held rain or shine - No Refund

TIMED RACE: Starts at 8:00 AM [Negative Split](#) is timing the race.



ENTRY FEE: \$25 if registered by September 4, 2024 at noon, includes t-shirt
\$25 if registered after September 5, 2024 does not include t-shirt

Run COURSE: At 8:00 a.m., athletes start at the Plante's Ferry West Picnic shelter and run west past the Plante's Ferry obelisk to Islands 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.

Park at Plante's Ferry Sports Complex

Start and Finish at the West Picnic Shelter at Plante's Ferry Sports Complex. If west parking lot is full, go to parking lot off of Wellesley. 12320 E Upriver Drive, Spokane, WA 99216

AMENITIES: Timed Race, each participant receives a swag bag

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 & PACKET PICKUP: No t-shirt for runners who register after September 4, 2024. No registration available day of event. 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 RUNNER WALKER

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 River 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