

# This year we're going to put the FUN back in the GENESEE COW CREEK RUN



## Saturday, June 11, 2016

In conjunction with Genesee's Annual Community Day (14 miles south of Moscow or 14 miles North of Lewiston on Highway 95)

**TIME:** RACE STARTS AT 8:00 a.m. Check in and late registration will be Friday 5:00pm– 7:00pm or Saturday 6:30 am at Fir & Walnut (Wells Fargo). PLEASE RUN IN PATRIOTIC COLORS for our Veterans theme. Forms received by May 25, 2016 are considered early registration. **FAMILY PLAN** ( 4 or more members, Grandparents included, \$15 Each ). After May 25, on-site shirts will NOT be available.

**COURSE:** Five (5) miles – The five mile course begins on Main Street, into the country on paved and gravel roads. There is a challenging (but short) hill at the 1 1/4 mark. Two (2) miles – The two mile course is all paved in town, and consists of two one-mile loops. Both courses are accurately measured and well marked. Water and aid stations are available. Times will be given at each mile post. Order of finish and times will be posted as soon as possible after the run.

**AWARDS:** Overall winner; First Second and Third Places. And any 12 and under finishers. Fewer medals will allow for more resources for the drawing.

**ALL RACE FINISHERS WILL BE ELIGIBLE TO ENTER DRAWING (either cash or gift certificates)**

*Tear here and return completed bottom portion*

### RELEASE

I know that running a road race, regardless of the distance, is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete this road race and I further agree that race officials may authorize necessary emergency treatment for me. I also understand that police protection will not be provided and both vehicular traffic and spectators will be present along the course, and I assume the risk of running under such conditions. I further assume any and all other risks associated with participating in the Genesee Cow Creek Run, including but not limited to illness, traveling to and from the event, falls, contact with spectators and other runners, the effect of the weather (including temperature extremes and aridity) and the surface condition of the roads, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I hereby for myself, my heirs, my executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge Genesee Community Day, Genesee Civic Association, Race officials, volunteers, and any and all sponsors, suppliers, agents, independent contractors, employees, and any other personnel in any way assisting or connected with this running event from any and all claims or liability of any kind or nature whatsoever arising out of my participating in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or parties named in the waiver.

Participant's Signature \_\_\_\_\_

Parental Signature \_\_\_\_\_

Date \_\_\_\_\_

**Checks Payable to:  
COW CREEK RUN**

Mail to:

**Cow Creek Run  
Nyla Roach  
234 E Walnut  
Genesee, Idaho 83832  
(208) 816-6136**

**Or drop off at:**

**Genesee City Hall  
140 East Walnut  
Genesee, Idaho 83832  
(208) 285-1621**

Name \_\_\_\_\_

Address \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_  
(Circle one)

Age \_\_\_\_\_

Phone \_\_\_\_\_

### Sign-Up Form PLEASE PRINT

**Shirt Size :** Adult S M L XL 2XL 3XL 4XL  
Youth S M L

- Early 2-mile (Shirt) \$18.00
- Early 2-mile (No Shirt) \$7.00
- Early 5-mile (Shirt) \$18.00
- Early 5-mile ( No Shirt) \$7.00
- Early Only - Family Plan (submit forms together) \$15.00 each
- 2 Mile \_\_\_\_\_ 5 Mile \_\_\_\_\_

Shirts will be long-sleeved, reflecting the run with a patriotic flare!

- Late 2-mile (No Shirt) \$10.00
- Late 5-mile (No Shirt) \$10.00