



Kootenai River Run

5 K and 10 K
Bonnors Ferry, Idaho

Organized by KRR Committee & Bonnors Ferry Rotary Club

Date: Saturday, June 12, 2010 - 9:00 am (Aerobics warm-up at 8:45 am)

Course: 5k (3.1 miles) and 10k (6.2 miles) brings you in and around the city of Bonnors Ferry. Both courses start and finish at the fairgrounds, just 4 blocks west of town.

Cost: \$17 with t-shirt, \$10 without t-shirt. (U.S. and Canadian) Net proceeds will be used to provide deserving local student runners with college scholarships and to help support the Bonnors Ferry High School cross country program.

Entry Deadline: Entries will be accepted on the morning of the race with no late fee. To assure receipt of a t-shirt, your entry must be postmarked no later than June 1, 2010.

Registration: At the Boundary County Fairgrounds parking lot from 7:30—8:45 am.

Aid Stations: At finish line, near the 1 & 2 mile points for 5k runners & near the 1,2,4, & 5 mile points for 10k runners.

Awards: Trophies will be presented to overall male & female winners in each race. Ribbons will be given to the top 3 finishers in the following male and female age groups:

1-11 yrs, 12-15 yrs, 16-19 yrs, 20-29 yrs, 30-39 yrs, 40-49 yrs, 50-59 yrs, 60-69 yrs, 70+ yrs

Door Prizes: Drawings for door prizes will be held during the awards ceremony. Grand prize \$100 gift certificate toward the purchase of a new pair of running shoes.

Shirts: Pre-registered race finishers will receive an embroidered T-Shirt unless the no-shirt option was chosen. Extra shirts will be available on race day. To assure availability of your size, your entry form must be received by June 1, 2010.

Contacts: Call 208/290-7039, 208/267-5776 or 208/267-0834.

Email: thecornman@intergate.com, eileendam@netscape.net, or carolyn1testa@yahoo.com

Website: www.boundarycountyid.org/krrun_

Kootenai River Run Entry Form

Send completed form and check or money order to:

Kootenai River Run
c/o Jim Cadnum
3178 District Two Road
Bonners Ferry, ID 83805

Please make checks payable to **Kootenai River Run**

Last Name _____ First Name _____ Sex _____ Age on race day _____

Address _____ City _____ State _____ Zip _____

Phone Number _____ Email address _____

Race Entered 5k _____ 10k _____

Where did you learn of our run? _____

Shirt Size S M L XL XXL Youth 10-12 No Shirt (please circle your choice)

Waiver: *I know that running a road race is a potentially hazardous activity. I also know that, although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, and the condition of the roads. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Kootenai River Run, race officials, volunteers, and all sponsors, including their agents, employees, assigns of anyone acting for or on their behalf, from all claims of liability for death, personal injury, or property damage of any kind arising out of my participation in this event.*

Applications for minors will be accepted only with a parent's or guardian's signature.

Signature _____ Date _____

Signature of parent or guardian if runner is under 18 _____

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