

Come to

Saturday August 27

ALBION fun run

5K

11+ miles

Friends of Albion and the Palouse Road Runners Present

Albion Community Run / Walk

Two distances 5K (3.1 miles) or 11+ miles

Long course 7:30 start, short course 8:30 a.m., Saturday, August 27, 2005

Route: The short course will be out and back from the Albion Community building in the center of town. Road surface is mostly gravel with some pavement. The loop course is a scenic route on gravel roads around Smoot hill. Registration for both events starts at 6:45 a.m. Runners and walkers welcome. Walkers on the long course please request an early start (7am) as the finish line will close at 10:30am. Water will be provided on the course.

Registration: Fill out the entry form and send it with your check (payable to the **Friends of Albion**) to: FOA, PO Box 366, Albion, WA 99102. **No refunds.**

Check-in: All registrants need to check in or late register at the community building 6:45a.m onward.

Finish: Water and goodies will be available to all entrants.

Awards: Prizes to overall and masters (over 40) female and male winners. Ribbons to winners in each age group (<10, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+).

Information: Wendy Shuttleworth, 332-3359 (message or evenings). Email: dbrit98@yahoo.com

See maps of the courses at www.palouseroadrunners.org

Albion Community Run /Walk Entry Form: (PLEASE PRINT CLEARLY)

Last Name _____ First Name _____ Middle _____

Address _____ City, State, Zip _____

Home Phone (____) _____ Age on 8/27/2005 _____ Gender _____

Distance (please circle) 5K (3.1 mile) Smoot Hill Run (11+ miles)

Fee: adult: \$8 (\$6 Palouse Road Runner member) child (up to 14 years): \$4

RUN RELEASE: Participant shall save, keep and hold harmless the Palouse Road Runners, the Friends of Albion, the Town of Albion, Whitman County, their respective officers, agents, employees and volunteers from all damages, costs or expenses in law or equity that may at any time arise or be set up because of damages to property or personal injury received by reason of any willful or negligent act or omissions of the participant as related to this running race. The Palouse Road Runners, the Friends of Albion, the Town of Albion, Whitman County, their respective officers, agents, employees, and volunteers will not be held liable for any accident, loss or damage which may occur as a result of this running race.

I attest that I have full knowledge of the risks involved in the run, that I assume those risks including but not limited to falls, effects of weather including high heat and/or humidity, traffic and the conditions of the roads, all such risks being known and appreciated by me. I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expense. I am physically fit and sufficiently trained to participate in this run.

SIGNATURE _____

Date _____

Signature of parent/guardian if runner is under 18 _____