

**Don't miss April on the Palouse**  
 100k, 10 friends, lots of fun!  
**WSU 100K Relay & Solo**  
**Sunday April 22nd Pullman, WA**

**A Palouse Roadrunners Event**

additional  
 sponsor:



Registration deadline without a late fee is Noon **Friday**, April 6, 2012. To be submitted by team captains and solos. Registrations will be accepted with late fee until 5 p.m., Saturday, April 21, 2012 at the WSU Visitor Center packet pickup. More information at [www.palouseroadrunners.org](http://www.palouseroadrunners.org)

**RELEASE, WAIVER, ASSUMPTION OF RISK & INDEMNIFICATION:** I know that running a road race 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 a race official relative to my ability to safely complete the run. I assume all risks associated with running in the WSU 100 K Run, April 22, 2012, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. In consideration for my participation, I, for myself, and anyone entitled to act on my behalf, waive, release and will indemnify and hold harmless Washington State University, the City of Pullman, Whitman County, all other sponsors of the race, their agents, any other persons assisting with the race, and their successors from all claims of liabilities of any kind arising out of my participation in the race even though that liability may arise out of negligence or carelessness on the part of such persons. I grant unrestricted permission for the use of any photographs, motion pictures, recordings or other record of my participation in the race. Parents or guardians must sign for RELAY TEAM members under 18 years of age.

**RELAY TEAM INFORMATION** (please type or print legibly; captains, make a copy for your information; return the entire page). Solos please use top line and include pacer name/signature if appropriate.

Relay team name \_\_\_\_\_ Estimated average pace/finish time \_\_\_\_\_

If participating as a team, please indicate (circle) your category: (≤10-Member Teams): open (any gender/age mix), mixed (appx. equal numbers males & females), masters (all over 40), seniors (all over 50), all women

Name (last, first) PLEASE Print	Address (street, city, ZIP)	Phone w/ area code)	Age on 4/18/10	M/F	Shirt size S M L XL for XXL add \$2	Signature (I have read and understand the release statement above)
1. Team captain/solo						
2.	NOT NEEDED					
3.	NOT NEEDED					
4.	NOT NEEDED					
5.	NOT NEEDED					
6.	NOT NEEDED					
7.	NOT NEEDED					
8.	NOT NEEDED					
9.	NOT NEEDED					
10.	NOT NEEDED					

**Checks made out to PRR.** Team captains submit **one** check for the team to Palouse Road Runners, PO Box 8431, Moscow, ID 83843.

Team relay (\$19 x \_\_\_\_\_ no. of team members) **TOTAL:** \_\_\_\_\_ Late fee (after Noon, 6 April) add \$20 per team \_\_\_\_\_

**Solo Registration** \$50 (+ \$10 late fee) \_\_\_\_\_

**Start times:** 6 a.m. solos, 7:30 or 8:30 a.m. teams (team start times will be assigned upon registration)

**PLEASE NOTE:**

**The normal registration deadline has been advanced  
 3 days to Friday April 6 to help insure that runners  
 registering by the deadline have shirts on race day.**