

M.C.R.P.D.'s STEAM DONKEY



One Mile Fun Run & Walk

Paul Bunyan themed costumes highly encouraged

Paul Bunyan Days

Labor Day September 3, 2018

For official to complete only: check #, date, and amount _____/_____/_____

Start/Finish Location Directions: Follow Scenic Highway 1 to the Center of Ft Bragg.

Look for Race Registration signs near Hwy 1 and Laurel Street on the west side of Highway 1.

Course Description: Race is a one-mile loop on the mostly flat and paved streets of historic Fort Bragg. Start at Main & Laurel, moves up Laurel to make a left at corner of Laurel & Franklin. Continues down Franklin, then another left at Franklin and Oak. Down Oak to Main, and then it's a left to the finish line where you started!!

Age divisions: 17 and under = Youth, 18 and over =Adult

Awards: First place through third place in youth and adult divisions, male and female.

Fun Run/Walk RULES: This is a fun run/walk, so please be prepared to have fun while running or walking through historic Fort Bragg prior to the parade.

For information, contact: (707) 964-9446 Ex 203 or email ncottrell@mcrpd.us

Registration includes a logo t-shirt while supplies last and a wooden medallion. Limited number of t-shirts available, shirts available for sale race day.

Proceeds benefit Mendocino Coast Recreation and Park District programs.

Early registration: Mail in: Print form, complete, and mail with check or postal money order. Postmark by 8/25/18 Mendocino Coast Recreation and Parks District, 300 S. Lincoln Street, Fort Bragg, CA 95437

Race day registration: 9 – 10:45 a.m.

Race Start: 11:00 a.m.

Race Fee: \$10 youth 17 and under. 18 years and older, \$20

LAST NAME: _____ FIRST NAME: _____

MAILING ADDRESS: _____ CITY _____ ZIP _____

EMAIL: _____ PHONE: _____ - _____ - _____

AGE: ____ DOB: ____/____/____ SEX: M ____ F ____ T-SHIRT SIZE(circle): Youth or Adult S M L XL

Waiver: I know that running in a race is potentially a hazardous activity. I should not enter and run unless I am healthy and properly trained. I agree to abide by any decision of a race official. I assume all risks associated with participation in this event including, but not limited to, falls, contact with other participants, the effects of weather, & traffic & the conditions of the road, all such risks being known and appreciated by me. I have carefully read the description of the run for which I/we are registering. In consideration for being permitted by the above district to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risks is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity. **If under age 18, parent or guardian must sign**

I hereby consent that my son/daughter (named) _____, participate in the above activity, and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity.

Signature _____ Date _____