

Ephrata Lions Club
31st Sage 'n' Sun Fun Run
 2-Mile Course and 5-Mile Course
Saturday, June 8, 2019

Co-Directors: Mark Wanke (509)750-5077 Karin Buchmann (509)787-3929
 PO Box 486, Ephrata, WA 98823

Time: Registration is from 6:30-7:45 at **Ephrata Middle School, 384 A St. SE**
 Runners will assemble at 7:45 for pre-race instructions—race starts promptly at 8:00 AM

Entry Fee: Advanced Registration: **\$15.00** (must be received no later than **June 4th**)
NO SHIRT entry fee: \$10.00
 Family entry fee: \$40.00 for three (pre-registered only)
 \$52.00 for four (pre-registered only)
 \$64.00 for five (pre-registered only)
 \$12.00 for each additional (pre-registered only)

\$20.00 (NO SHIRT \$15.00) AFTER JUNE 4, 2019 (INDIVIDUAL ENTRY ONLY)

Please make checks payable to: **Ephrata Lions Club**
 (All fees non-refundable)

—ENTRY FORM MUST ACCOMPANY PAYMENT—

Thanks to our sponsors! **Culligan Water, Sole Performance, Brooks, Safeway, & Walmart**
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Course and Distance: The race starts at the bottom of the hill on Nat Washington Way.

- 2 mile course-** All pavement, challenging hill at the start, through residential area, with a fast downhill finish onto the lawn at the Middle School. Runners and walkers
Time & Water at 1 mile
- 5 mile course-** All pavement, challenging hill at the start. Course takes runners & walkers around the Port of Ephrata. Fast downhill finish onto the lawn at the Middle School. Times at 1 & 3 miles, Water at 2 & 4 miles
- Facilities:** Restrooms are available at the Middle School. First aid available on the course and at the finish line.
- Age Divisions:** **2 mile-0-5; 6-7; 8-10; 11-14; 15-18; 19-29; 30-39; 40-49; 50-59; 60-69; 70+**
5 mile-0-9; 10-13; 14-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+
- Awards:** T-shirts to all finishers. Awards to top male & female finisher in each race, as well as medals to the top three finishers in each age division. Award winners must finish race under own power. **ONLY ONE AWARD PER PERSON!** All awards to be presented after the finish of the race.

*****RETURN THIS SECTION WITH ENTRY FEE TO RACE DIRECTOR*****

Ephrata Lions Club, P.O. Box 486 Ephrata, WA 98823 **CIRCLE ONE**
 (please print clearly**only ONE entry per form) **2 ml** or **5 ml**

NAME _____ SEX M F

DATE OF BIRTH _____ AGE ON RACE DAY _____ PHONE _____

ADDRESS _____ CITY/STATE/ZIP _____

T-Shirt size: Youth large _____ (Adult) Small _____ Med. _____ Lg. _____ X-Lg. _____
 _____ NO SHIRT _____ XX-Lg.(add \$2.00) _____

WAIVER: I know that running a road race is a potentially dangerous activity. I should not enter & run unless I am medically able & 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 this event including, but not limited to falls, contact with other participants, the effect of the weather, including high heat and/or humidity, traffic, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, in consideration of your accepting my entry, I, myself and anyone acting on my behalf, waive & release the Ephrata Lions Club, the City of Ephrata, all their sponsors, representatives, and successors from claims or liabilities of any kind arising out of my participation in this event. In addition,
I ACCEPT THE RESPONSIBILITY AND RISK OF WEARING HEADPHONES IN THIS EVENT!
NO DOGS ALLOWED ON THE COURSE!

SIGNATURE: _____ DATE: _____
 (Must be signed to run.)

PARENT'S SIGNATURE: _____ DATE: _____
 (If under age 18)