



**RIVER CITY RUNNERS FAMILY FUN RUNS**

Every Thursday evening beginning June 8th- Aug. 3rd  
Point Mallard Running Trail (at the pavilion at trail head next to water park)

6:00 - 1 mile

6:15 - 3 mile

7:00 - 2 mile

You may run a single event or all events. This is for all ages and ability levels but clock will re-start for each event at designated time. Water and Gatorade will be provided. These are fun runs so no awards will be given out. Times will be kept for the 2 & 3 mile and posted at the next weeks run.

ENTRY FEE: \$10.00 for whole summer (June 8th- Aug. 3<sup>rd</sup>) includes t-shirt, OR \$1.00 per week.

Payment: \_\_\_\_\_ \$10.00 (summer w/shirt) OR \_\_\_\_\_ \$1.00 (per week-no shirt)

NAME: \_\_\_\_\_

Sex: (circle) M or F      Age: \_\_\_\_\_      Birth date: \_\_\_\_\_

T-shirt size: \_\_\_\_S \_\_\_\_M \_\_\_\_L \_\_\_\_XL \_\_\_\_XXL

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Are you a River City Runners member? (circle) YES      NO

Please note that the course is not closed so watch for other users of the trails. If you would like to walk or jog with a baby jogger please begin in the back of the group.

WAIVER: I, individually, (and/or parent/guardian of above minor) for and in consideration of acceptance of this entry in the above event, do hereby release, remise, waive, and forever discharge the Road Runners Club of America, River City Runners Club, City of Decatur, Point Mallard Park and any supporting groups of this said event, together with all their officers, agents, officials and employees, from any liability, claims, demands, actions, or causes of actions whatsoever arising out of, or relating to any injury, illness, loss, or damage, including death, relating to participation in above event. I further state I am in proper physical condition to participate in this event. In addition, I agree that my participation in this event requires that I will not participate with roller skates/blades, animals, or anything which the race director deems dangerous to me or other participants and that race director may remove me from this event for a violation of said policy I further grant permission to this race and the organization conducting the race and/or agents authorized by them to use any photographs, videotapes, digital media recordings and any other record of this event for any purpose. I also agree that if the event is cancelled for any reason that all entry fees are non-refundable.

X \_\_\_\_\_  
Signature (Parent/Guardian if under 18)      Date