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# Spokane to Sandpoint '09

## TEAM RELAY

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### Team Member Registration

Please Fill out information and send to Spokane **to Sandpoint P.O. Box 1182 Royal City, WA 99357**  
Make Check payable to : **Spokane to Sandpoint** -----Please Write Neatly – Thanks!

Team Name \_\_\_\_\_

Team Captain's Name \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip code \_\_\_\_\_

Phone \_\_\_\_\_ Age on Race day: \_\_\_\_\_

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

Estimated Pace \_\_\_\_\_ Sex: M F T-shirt size: XS S M L XL XXL  
(min/mile)

### Waiver:

I understand that running or walking in a road race is a potentially dangerous activity. I should not participate unless I am medically able and properly trained. I assume all risks associated with participating in Spokane to Sandpoint, including but not limited to illness, traveling to or from the event, falls, contact with other participants or spectators, the effects of weather, surface conditions of the road/trail, all such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Spokane to Sandpoint coordinators, City of Spokane, City of Sandpoint and all locations in between, volunteers and any and all sponsors, suppliers, agents, independent contractors, employees and any other personnel in any way assisting or connected with this event from any and all claims or liability of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons on this waiver. I hereby authorize Spokane to Sandpoint to use my image or likeness for race promotional purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

(if under 18)

