



**A Trail Run to Benefit Garfield Elementary A.P.P.L.E. Program**  
 100% Volunteer Organized- Every dollar earned goes directly to Garfield Elementary APPLE and local youth programs.

## April 22<sup>nd</sup>, 2018

Must be **postmarked by April 9<sup>th</sup>, 2018** for Early Registration Pricing and Shirt  
 Send this form and payment to: PO Box 66, Spokane, WA 99210  
 OR  
 Register online at: [SpokaneRiverRun.com](http://SpokaneRiverRun.com)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
 Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Contact Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Sex: Male  Female

Race	Age	Shirt (add \$3 for XXL)						Price <small>*no shirt available after 4/9/2018</small>
5K	12 & Under	No Shirt						\$12/(\$22)
		YL	S	M	L	XL	XXL	\$22/(*)
5K	13 & Over	No Shirt						\$19/(\$32)
		YL	S	M	L	XL	XXL	\$29/(*)
10K	All Ages	No Shirt						\$22/(\$37)
		YL	S	M	L	XL	XXL	\$32/(*)
25K	13 & Over	No Shirt						\$35/(\$60)
		S	M	L	XL	XXL	\$42/(*)	
25K Challenge	13 & Over	No Shirt						\$35/(\$60)
		S	M	L	XL	XXL	\$42/(*)	
50K	13 & Over	No Shirt						\$55/(\$80)
		S	M	L	XL	XXL	\$62/(*)	
50K Relay (2-4 runners)	13 & Over	Online Only						4 x \$40
Extra Shirt		YL	S	M	L	XL	XXL	\$17 each

Additional Tax Deductible Donation: \_\_\_\_\_ **Thank you**  
 Total (make checks payable to Garfield APPLE): \_\_\_\_\_  
 Visa/MC/Discover: \_\_\_\_\_ Auth #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
16 Digit Card Number



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### Start Times

50K	7:45 AM
25K Challenge	7:45 AM
25K Standard	8:30 AM
5K	9:15 AM
10K	10:15 AM

### Course Information

- All distances are loop courses that start and finish at the old airstrip next to the Seven Mile Bridge at Riverside State Park.
- All courses are primarily run on single-track trail with an occasional wide path, especially wide at the start of the race.
  - Dirt trails
  - Some rocks, roots, and possibly mud
- Courses wind through thick pine forests and are set against basalt cliffs, ending with a narrow twisty single-track trail along the roaring Spokane River.
- Challenge courses follow a more vertical and technical trail, certain to push every runner’s limits.

**Additional information can be found at our website: [SpokaneRiverRun.com](http://SpokaneRiverRun.com)**

This trail run is a benefit for the Garfield Elementary A.P.P.L.E. program. A.P.P.L.E. (Alternative Parent Participation Learning Experience) is a program offered to any interested student and family in Spokane School District #81. As a parent participation program, parents and guardians spend time in the classroom and are encouraged to help in the planning and implementation of curriculum. The program also works at fostering a true feeling of community and involvement in the elementary classroom. This is a student centered and parent driven program. Through the A.P.P.L.E. program, parents are involved in the educational process and have a positive impact on their children’s development. The money raised from the Spokane River Run will be used to supply necessary classroom items, field trips, books, art and science supplies: things that are critical to a child’s complete and well rounded education.

WAIVER: In consideration of acceptance of this entry and intending to be legally bound, I hereby for myself, heirs, executors, and administrators waive, release, and discharge any and all rights and claims to damage which I may have, or which may hereafter accrue to me, against the Garfield A.P.P.L.E. Parent’s Group, or any of the sponsors, partner groups, or other recipients of the Spokane River Run or respective officers, agents, representatives, successors and/or assigns, for myself in connection with my entry and/or travel to , participating in, and returning from the Spokane River Run. I acknowledge that trail running is a sport with inherent risks (both known and unknown), and in signing this entry form it is my intention to accept those risks, and all consequences thereof, for myself alone and those under my charge. I grant my permission to all of the foregoing to use photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I also understand that my entry fee is nonrefundable. A parent must sign if entrant is under 18 years of age. In signing this form, I acknowledge that myself or my child has permission to compete in this event, is in good physical condition and the event officials may authorize necessary medical treatment as determined by authorized personnel. I have read the above statement, I understand it, and my signature confirms its acceptance.

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

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