



Palouse River Run

5K | 10K | 1.5K Kid's Race

7:00 AM
Registration
Opens

8:00 AM
All Races
Start

**T-SHIRT
Included**

**Correct T-shirt sizes
are only guaranteed for
registrations submitted
by 9/5.*

AWARDS

**100% of
proceeds will
support local
teens through
Young Life.**

When? Palouse Days
Sept. 14, 2019

Where? Bagott Motors
Palouse, WA

Cost? \$20 Pre-Registration
\$25 Race-Day Registration
Ages 18 & under: \$5 off
Register Online (for an additional fee)
@ www.active.com

Questions? Mark Sawyer
mark@garpal.younglife.org
Call/Text: (509) 939-2143
Palouse River Run on Facebook

The Palouse Days PALOUSE RIVER RUN begins at Bagott Motors on Main Street in historic Palouse, Washington. The scenic course traverses pavement, sidewalks, walking paths, and gravel roads through the rolling countryside. Be prepared for hills and travel along roads shared with vehicular traffic. A water station and first aid kit are available at the 5K turnaround point.

Awards Only the first male/female finisher will receive an award.
The top 3 finishers per category will be recognized in both the 5K and 10K.

13 and Younger Male/Female	14-18 Male/Female	19-35 Male/Female
36-55 Male/Female	55+ Male/Female	

Post-Race Gatorade or water will be available and awards will be given to the top finishers.

Timing The event will be timed manually. Competitors will have a tear off sheet attached to their race number that must be filled out prior to the start of the race. The timing will close 90 minutes after the start of the race.



PALOUSE RIVER RUN REGISTRATION | (Circle One) - 5K Run/Walk | 10K Run/Walk | 1.5K Kids Race

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Gender _____ Age on 9/14/2019 _____

E-mail _____ Adult T-Shirt Size: XXL, XL, L, M, S
Youth T-Shirt Size: L, M

Note: For the safety of all participants, skateboards, scooters and skates of any kind are prohibited in this event.

Waiver of Liability: In consideration of my entry being accepted, I waive any and all claims for myself, my administrators, and my heirs against all officials, sponsors, and organizations connected with the Palouse River Run for injury or illness that may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event, and am physically fit and sufficiently trained to participate in this event. _____ Date _____

\$20 Pre-Registration (by 9/13) | \$25 Race-Day Registration | 18 & Younger \$5 Discount | Entry Fee \$ _____

Please Enclose Your Check Payable to YOUNG LIFE

Registration not refundable or transferable.

Contact: Mark Sawyer | mark@garpal.younglife.org | (509) 939-2143 | Facebook @Palouse River Run
Send completed form and payment to: Young Life, 225 S. River Road, Palouse, WA 99161