



# Palouse River Run

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

7:00 AM  
Registration  
Opens

8:00 AM  
All Races  
Start

**When?** October 9, 2021      **Where?** Bagott Motors/Chappell Automotive  
Palouse, WA

**Cost?** \$20 Pre-Registration      **Questions?** Mark Sawyer  
\$25 Race-Day Registration      mark@garpal.younglife.org  
Ages 18 & under: \$5 off      Call/Text: (509) 939-2143  
Register Online (for an additional fee)      Palouse River Run on Facebook  
@ [www.active.com](http://www.active.com)

**T-SHIRT  
Included**

*\*Correct T-shirt sizes  
are only guaranteed  
for registrations  
submitted by 10/1.*

**AWARDS**

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

The PALOUSE RIVER RUN begins at Bagott Motors/Chappell Automotive 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 turn-around 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 10/9/2021 \_\_\_\_\_

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 10/8) | \$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, 1010 Sawyer Rd., Potlatch, ID 83855