



Waves & Whales 5K Trail Run-Walk

Saturday, May 13, 2017

Race Start: 10:00 AM



The Waves & Whales Trail Run promises to be a worthwhile coastal excursion—runners can expect a rejuvenating run surrounded by natural beauty and the knowledge that they are supporting the continued stewardship of this land by, and for, the next generation.

Start/Finish Location: Point Arena-Stornetta Public Unit of CCNM, Behind Point Arena City Hall

Course Description: Off-road trail run/walk. Course begins on a wide open path and then narrows to a single-track trail. Trail passes through forest and continues along to the bluffs. Following the bluffs the course loops back into a cypress grove where it then connects to the wider path. Start and finish at the same location.

Awards: Overall - 1st place winner - male/female; Age Divisions – 1st, 2nd, 3rd - male/female
Age division awards (male/female): 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Registration: Includes t-shirt as supplies last. NOTE: Exchanges on race day as supplies last.

Mailed in deadline: Postmark no later than Sunday, May 7th

Online registration ends midnight Thursday, May 11th

Early Registration deadline: April 30th- fee \$15 (ages 5-15) & \$25 (ages 16+)

May 1st through race day entry fee: \$20 (ages 5-15) & \$30 (ages 16+)

Online registration will add after online is completed – need entry form back to do this

Race day registration: 8:30 – 9:45AM

ENTRY FORM (separate entry form for each registered participant) PLEASE PRINT

LAST NAME: _____ FIRST NAME: _____

MAILING ADDRESS: _____ CITY _____ ZIP _____

EMAIL: _____ PHONE: _____-_____-_____

AGE: ____ DOB: ____/____/____ SEX: __M __F

T-SHIRT (circle style & size): **STYLE:** Youth Women Men **SIZE:** S M L XL XXL

Waiver: I know that walking or running a dirt road race is potentially a hazardous activity. I should not enter & run or walk unless I am healthy and properly trained. I agree to abide by any decision of a race official. I assume all risks associated with participation in this event including, but not limited to, falls, contact with other participants, the effects of weather, & traffic & the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself, my heirs and anyone entitled to act on my behalf, waive and release forever ACORN Partners in Education, Ready Set Go Services, LLC, the County of Mendocino, City of Point Arena, all volunteers, sponsors, their employees, representatives and successors from all claims and liabilities arising out of my participation in this event. It is also understood that due to insurance exclusion & course conditions, skates, skateboards, radio headsets and portable sound systems are not allowed on the course during the race. I also agree to receive information via email from the Waves & Whales and Ready Set Go Services, LLC.

Signature _____ Date _____

If under age 18, parent or guardian must sign.

Make check to: ACORN Partners in Education

Mail entry form & fee to: PO Box 104, Point Arena, CA 95468

For more information, contact: 707-353-0143 or email: info@windyhollowfarmca.com