**Sponsored by Howard Memorial Hospital** 

***37th Annual***

**Location: Willits Recreation Grove (1/2 mile East on Commercial)**

**Date/Time: February 12, 2017/ 10:00am 10 mile; 10:30 5K run/walk start**

 **Race Day Registration at 9:00 a.m. at Recreation Grove**

**Events: 5K run/walk, 10 mile run**

**Entry Fee: $20 for adults, $18 for NCS members, $10 for 18 and under, $40 for families**

**Awards: Top three overall male/female for the two events will receive prizes**

 **1st in all age divisions will receive medals**

 **2nd, 3rd in all age divisions will receive ribbons**

**Age divisions: 9 & under, 10-13, 14-17, 18-29, 30-39, 40-49. 50-59, 60-69, and 70+**

**Contact: Gail Leland 485-7821 with questions.**

 **Proceeds benefit Willits High School and Willits“Kids on the Run” Program**

 Mail payment and entry form to: North Coast Striders, Willits Classic,

P.O. Box 1556, Ukiah, CA 95482. Checks payable to: North Coast Striders

 **PLEASE PRINT**

Name Last: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ First: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sex: F M NCS Member? Yes No

Age on race day: \_\_\_\_\_\_\_ DOB \_\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City: \_\_\_\_\_\_\_\_\_\_ Zip: \_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Race: \_\_\_ 10 Mile Run \_\_\_ 5 km Run/Walk

Waiver: I know that running a road race is potentially a hazardous activity. I should not enter and run or walk unless I am healthy and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, and traffic and 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 the North Coast Striders, the County of Mendocino, the City of Willits, and 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, skates, skateboards, radio headsets and portable sound systems are not allowed on the course during the race.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_All participants must sign; parent/guardian sign must sign for participant under 18)