

Ephrata Lions Club
32nd Sage & Sun Fun Run

2-mile course and 5-mile course

Saturday June 11, 2022 8:00am

Co-Directors: Mark Wanke 509-750-5077 Karin Buchmann 509-787-3929, (message)

PO Box 486 Ephrata, WA 98823

Time: Registration is from 6:30-7:45 at **Ephrata Middle School cafeteria 384 A St SE**
Runners will assemble at 7:45 for pre-race instructions. Race starts promptly at 8:00am

Entry Fee: **Advanced Registiton:** \$15.00 (must be received by June 6th)
(all fees non-refundable) \$10.00 No Shirt fee
Family entry fee: \$40.00 for three (pre-registration only)
\$52.00 for four (pre-registration only)
\$64.00 for five (pre-registration only)
\$12 for each additional (pre-registration only)

After June 6th or day of registration: \$20.00 w/shirt registration \$15 no shirt registration

Thanks to our sponsors! Culligan Water, Sole Performance, Brooks, Harrisons, Safeway, Walmart

Course and Distance: **Race starts at the bottom of the hill on Nat Washington Way**

2 mile course: All pavement, challenging hill at the start, through residential area, with a fast downhill finish on the lawn at the Middle School. Runners and walkers. Water and time at 1 mile.

5 mile course: All pavement, challenging hill at start. Course takes runners and walkers around the Port of Ephrata. Fast downhill finish on the lawn at the Middle School. Times at 1 & 3 mi. Water at 2 & 4mi.

Facilities: Restrooms available at the Middle School. First aid available at the finish line.

Age Divisions: **2-mile:** 0-5, 6-7, 8-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
5-mile: 0-9, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Awards: T-shirts to all finishers. Awards to top male and female finisher in each race. Medals to the top three finishers in each age division. Award winners must finish the race under their own power. **ONLY ONE AWARD PER PERSON!** All awards to be presented after the finish of the race.

******RETURN THIS SECTION WITH ENTRY FEE TO RACE DIRECTOR******

Ephrata Lions Club PO Box 486 Ephrata, WA 98823

(Please print clearly~ only **ONE** entry per form)

2 mile race: _____ **OR 5 mile race** _____

NAME: _____ **M** _____ **F** _____

Age on Race Day: _____ **Phone #** _____

Address: _____ **City, State, Zip** _____

T-shirt size: Youth large _____ Adult small _____ Adult med _____ Adult Lg _____ Adult XL _____
Adult XXL _____ (add \$2) **NO SHIRT** _____

Waiver: I know that running a road race is a potentially dangerous activity. I should not enter & run unless I am medically able & properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event, including, but limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, in consideration of your accepting my entry, I myself and acting on my behalf, waive & release the Ephrata Lions Club, the City of Ephrata, and their sponsors, representatives, and successors from claims or liabilities of any kind arising out of my participating in this event. In addition, accept the responsibility and risk of wearing headphones in this event. **NO DOGS allowed on course.**

SIGNATURE: _____ **DATE:** _____

(Required to participate)

Parent SIGNATURE: _____ **DATE:** _____

(If under age 18)