



Run Like the Wind

Paradise Valley

4 mile Run or Walk, 1K kids Fun Run

Saturday August 22, 2009 at 9:30 am

Pray, Montana

Sponsored by the Big Sky Wind Drinkers

A benefit for Arrowhead School Programs

Run or walk this scenic, mostly paved, rolling, fast and accurate course. Start, finish, registration, and awards all take place at the Arrowhead school in Pray, Montana. Awards to the first three overall male and female finishers. **Finishers prize for all 1K participants!**

Deadline for Postmarked Registration August 15. Late and race day registration August 16 until 9:00 am, August 22, or register on Active.com

- Events:** 4 mile run or walk, youth 1K run or walk. Must be 12 and under to register for the 1K
- Times:** 4 mile start at 9:30 am. 1K starts at 9:00 am. **Pre-registered packet pickup and late registration 8:00 am. until 9:00 am.**
- Location:** 1489 East River Road Pray, Montana 59065. Starts at the Arrowhead School parking lot. Course runs the Yellowstone Trails Ranch paved roads and equestrian trails. Contact the race director if you need directions to the school. 1489 East River Road Pray, Montana 59065
- Awards:** Award ceremony immediately after results tabulated at the Arrowhead School Gymnasium. Age group awards in each division. Finishers awards for the 1K Youth run.
- Entry Fee:** **Teens and Adults:** \$17 due August 15. Late entries \$22.
Youth 12 and Under (all races): \$10 due August 15. Late Entries \$15.
Late and Race day registration T-Shirts may not be available after September 29 and can be picked up or mailed.
- Info:** **No headphones, no dogs.** Baby joggers welcome.
Race director questions: runlikethewind@wispwest.net

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Mail to Run Like the Wind, PO Box 14, Pray MT 59065, checks payable to Run Like the Wind

PRINT NAME _____ PHONE _____
ADDRESS _____ CITY _____ ZIP _____
e-mail address _____ Gender: Male ___ Female ___

SELECT ONE: 4 Mile 1K Kids Run

Age on Race Day _____

Circle your age group: 0-14 / 15-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70-79+

SHIRT SIZE

Youth Small / Youth Med / Adult Small / Adult Med / Adult Large / XL / XXL(add\$2)

Waiver and Release from Liability

Release form: I know that **running** a road **race** is a potentially hazardous activity. I should not enter and participate unless I am medically able and 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 **running** in this **Race**, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand and will abide by the rule that no headphones or pets are permitted in the **race**. Having read this **waiver** and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Big Sky Wind Drinkers running club, race director, all volunteers, all city, county, and state governments, private land owners, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that all entries are final with no refunds. The official **race** director reserves the right in any event of emergency or local or national disaster to cancel the **race** or to change the day and/or time to a later day and that in the event of cancellation or change there is no refund of entry fee.

Signature Parent's signature if entrant under 18 yrs. (in addition to child's signature)

Date