

20th Annual Run for the MOUNTAIN



Saturday, May 4, 2019

Fort Tuthill, Flagstaff, AZ 10K, 5K and 2K Fun Run

Run for the Mountain is the 1st race in the Flagstaff Summer Series.

Register for this race or the whole series at:

<http://www.flagstaffsummerseries.com/>

You can also register for this race by filling out the form at the bottom of the page. Mail form postmarked by April 26th to:

Mountain School
311 West Cattle Drive Trail
Flagstaff, AZ 86005

Register and/or pick up race packet at
Run Flagstaff, 204 E Route 66 on Friday,
May 3, 4:00-6:00pm

Dedicate yourself to a summer of fun and health by running Flagstaff's premier races. Each of the Summer Series races offers a historic, unique experience on some of Flagstaff's most traditional and beautiful routes. **Run for the Mountain offers root beer floats and student-made prizes!**

LOCATION: On Soldier's Trail; a mostly unpaved, hilly, single-track course at beautiful Fort Tuthill County Park. Follow signs to the Maricopa Ramada and race parking area.

| FEES: | Pre-Registration | Race Day |
|-------|------------------|----------|
| 10K | \$35.00 | \$40.00 |
| 5K | \$30.00 | \$35.00 |
| 2K | \$20.00 | \$25.00 |

| START TIMES | |
|-------------|--------|
| 2K Fun Run | 7:30am |
| 5K | 7:50am |
| 10K | 8:05am |

AGE DIVISIONS and AWARDS
12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. The top three male and female finishers in each age group of the 10K and 5K will receive awards.
EVERYONE gets root beer floats!

Additional Info Call 928.779.2392

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|------------------------------------------------------------------------------------------------------------------------|---------------------------------|--------------------------------|----------------------------|-----------------------------------------------------------------------------------------------------------------|--|
| Event (Check One) 10K <input type="checkbox"/> 5K <input type="checkbox"/> 2K <input type="checkbox"/> | | Last Name <input type="text"/> | | First Name <input type="text"/> | |
| Street Address <input type="text"/> | | | | Apt # <input type="text"/> | |
| City <input type="text"/> | | | State <input type="text"/> | Zip <input type="text"/> | |
| Email <input type="text"/> | | | | Phone <input type="text"/> | |
| Gender <input type="text"/> | Birth Date <input type="text"/> | | Age <input type="text"/> | 5K and 10 K T-Shirt Size (Circle One) (Not guaranteed if registered after May 1st) Adult S M L XL | |

In consideration of your acceptance of this entry, I, the undersigned, hereby, for myself, my heirs, executors and administrators. Waive and release, any and all right and claims for damages I may have against the sponsors, coordination groups and any individuals associated with the event, and their representative, successors, officers, agents, and assigns, for any and all injuries sustained and suffered to me during this race. I verify that I am physically fit and have sufficiently trained for competition of this event and a licensed medical doctor has verified my physical condition. If, however, as result of my participation in this race, I required medical attention, I hereby give my consent to authorized medical personnel of this race to provide such medical care as is deemed necessary by such authorized personnel. I also understand that in the event this race cannot be held as scheduled due to an act of God or circumstances beyond control, the full permission to any all of the foregoing to use any photographs, videotapes, recording or any other record of this event for any legitimate purpose. I understand that the entry fee is nonrefundable. I have read the foregoing and certify my agreement by my signature below.

Signature (Parent Signature if under 18 years of age) _____ Date _____