

Only Fools Run at Midnight Event Rules

- All entrants must decide on either the 5k or 1 mile, and they must finish the race while staying on course.
- Pre-registration ends at **5pm** on **June 18th**. Race night registration begins at **10:30pm**.
- **Parents or guardians must sign for all participants under the age of 18. No exceptions.**
- **Centipedes** are five or more finishers connected in some form or fashion.
- **Costume judging** begins at **11pm**, ending at **11:45pm**, sharp!
- People of all abilities are welcome in the wheelchair division. Scooters, power wheelchairs and service animals welcome *only if needed as an accommodation. No exceptions!*
- **Any unclaimed shirts will be released after the race to interested participants.**

Centipede and Costume Prizes:

- Gift Certificates
- Decadent Cakes
- Fine Chocolates
- News Subscription
- Whale Watching
- Gym Membership
- Flightseeing
- And More!



747-5877

A FUNdraiser for

Inspiring Personal Independence
SOUTHEAST ALASKA INDEPENDENT LIVING



www.kcaw.org

foolsrun@kcaw.org



**11:59pm Saturday, June 20th
The Fire Hall**

T-Shirts for the first 100 runners!

Compete for wildest centipede!

Awards for top finishers!

Prizes for best costumes!

Where do all the dollars go?

This year's funds will stay in Southeast to support **SAIL** and **Raven Radio!**

SAIL is a Center for Independent Living and an Aging and Disability Resource Center serving People with Disabilities of all ages and seniors throughout Southeast Alaska.

With offices in Juneau, Ketchikan, Sitka and Haines, **SAIL's mission** is to *inspire personal independence!*

KCAW-FM is a community radio station owned and operated by the Raven Radio Foundation of Sitka, Alaska. Since signing on the air March 6th, 1982, KCAW has been broadcasting a diverse and vibrant program schedule to the Southeast Alaskan communities of Sitka, Angoon, Elfin Cove, Kake, Pelican, Port Alexander, Tenakee Springs, Yakutat, as well as a wide expanse of the coastal fishing grounds

For more information or to donate:

www.sailinc.org

www.kcaw.org



Course Directions

1 Mile Route

Fire Hall – St. Michael’s – B-Ball Court – Fire Hall

- Head down Lake St to Seward
- Right on Seward
- Run around St. Michael’s Cathedral
- Back down Lincoln to the light
- Cross Lake St at light
- Run down Lincoln (on harbor path)
(Wheelchair users: use sidewalk on left side of street.)
- Left at basketball courts
- Cross Lincoln near Jeff Davis
- Left on Lincoln (on to sidewalk)
- Right on Lake St.
- End at the Fire Hall

5k Route

Fire Hall – Bridge – Avis – Bridge – Fire Hall

- Head down Lake St to Lincoln
- Cross Lincoln at the stop light
- Run over the McConnell Bridge
- Continue out to the Airport
- Turn left past Avis Rentals
- Turn left again around Avis
- Take first left to Airport Drive
- Turn right back onto Airport Drive
- Run back over the bridge
- Through the stop light at Lincoln
- End at the Fire Hall

Foolish jesters will be cheering you along the route! Watch for vehicles, be safe and have fun!

Registration Form

Turn entry form and fee into **Old Harbor Books, First Bank, SAIL (514 Lake St) or Raven Radio (2 Lincoln St).**

Name/Family/Centipede Name (if applicable) _____

Contact Phone _____ Email _____

***Early Registration** ends at 5pm on June 18th.

***Race Night Registration** begins at 10:30pm at Centennial Hall.

_____ X \$20 / \$25 = \$ _____
(# of people) (by June 18) / (night-of race)

I would like to make an additional donation to SAIL and KCAW in the following amount: = \$ _____

Total Due (fees from above) \$ _____
(Checks Payable to KCAW)

****Please list shirt size, age, event, and gender for each participant. All participants/guardians MUST sign form!**

DISABLED SPORTS USA INSURANCE WAIVER & RELEASE OF LIABILITY FORM In consideration of being allowed to participate in any way in Disabled Sports USA and Southeast Alaska Independent Living related events and activities, I and/or the minor participant, for myself, and on behalf of my heirs, assigns, personal representatives and next of kin, the undersigned: 1. Agree that prior to participating, I will inspect, or if a parent and/or legal guardian I will instruct the minor participant to inspect, the facilities and equipment to be used, and if I believe, to the best of my ability, that anything is unsafe, I and/or the minor participant will immediately advise Disabled Sports USA and Southeast Alaska Independent Living of such condition(s) and refuse to participate. 2. Acknowledge and fully understand that I and/or the minor participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result only from my own actions, inactions or negligence of others, the rules of play, or the condition of the premises or any equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time. 3. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death. 4. Release, waive, discharge and covenant not to sue Disabled Sports USA and Southeast Alaska Independent Living, its affiliated clubs, their representative administrators, directors, agents, coaches, other employees, and volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, their heirs, and if applicable, owners and leasers of premises used to

conduct the event, all of which are hereinafter referred to as "releasees", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise. **I/WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I/WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE NOT CHANGED IT ORALLY, AND SIGN IT VOLUNTARILY.**

Unisex Shirt Sizes:

Youth S, XS, S, M, L, XL, XXL, XXXL

1. NAME: _____

SIGNATURE: _____
(OR GUARDIAN SIGNATURE)

AGE _____ GENDER _____ SHIRT SIZE _____
 5K 1 Mile Wheelchair 5K Wheelchair 1 Mile

2. NAME: _____

SIGNATURE: _____
(OR GUARDIAN SIGNATURE)

AGE _____ GENDER _____ SHIRT SIZE _____
 5K 1 Mile Wheelchair 5K Wheelchair 1 Mile

3. NAME: _____

SIGNATURE: _____
(OR GUARDIAN SIGNATURE)

AGE _____ GENDER _____ SHIRT SIZE _____
 5K 1 Mile Wheelchair 5K Wheelchair 1 Mile

4. NAME: _____

SIGNATURE: _____
(OR GUARDIAN SIGNATURE)

AGE _____ GENDER _____ SHIRT SIZE _____
 5K 1 Mile Wheelchair 5K Wheelchair 1 Mile

5. NAME: _____

SIGNATURE: _____
(OR GUARDIAN SIGNATURE)

AGE _____ GENDER _____ SHIRT SIZE _____
 5K 1 Mile Wheelchair 5K Wheelchair 1 Mile

6. NAME: _____

SIGNATURE: _____
(OR GUARDIAN SIGNATURE)

AGE _____ GENDER _____ SHIRT SIZE _____
 5K 1 Mile Wheelchair 5K Wheelchair 1 Mile



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