

Hot Summer Nights 5k Series

Presented by:



What: 5k run race point series

Where: 12000 North Addison, just off of Farwell road near Wandermere Mall.

When: Tuesday nights on August 4, 11, 18, and 25. All races start at 6pm. Race number pick up starts at 5:15 pm.

Cost: \$5.00 per race, please indicate the dates you plan on racing.

Come join us for a run race points series that will take place each Tuesday night in August 2009. Enjoy raffle drawings throughout the series and prizes and awards at the last race. In order to be eligible for "overall prizes," you must race in all four races. Check the Tri-Fusion web site for any updates and race information at www.tri-fusion.com.

All races will start on 12000 North Addison, just off of Farwell road and will run north to Mill then turn left and proceed south to Hastings. Runners will then turn left and head east to Ruby. After turning left onto Ruby, runners will go north to Farwell where they will turn right and continue to Mayfair and turn right. Runners will do a short out and back that will bring them back to Farwell. Here they will turn right followed by a quick left on to Addison to the finish. A detailed map can be found at www.tri-fusion.com.

Name _____

Address _____ City _____

State _____ Zip _____ Phone _____ Age on August 1, 2009 _____

Participant E-mail _____

Please circle races you plan on racing: 4th, 11th, 18th, 25th

WAIVER: I know that participating in this walk/run is potentially hazardous. I should not enter unless I am medically able and properly trained. I also assume any and all risks associated with this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the condition of the roads and traffic, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Tri Fusion Triathlon club and all its sponsors and supporters. This release and waiver extends to all claims of every kind or nature, whatsoever, foreseen or unforeseen, known or unknown. Applications for minors are accepted only with a parent / guardian signature.

Signature of Participant/Date _____

Parent / Guardian if participant is under age 18/Date _____

Mail entry form to:
Tri Fusion
PO Box 10134
Spokane WA, 99209

Mark Your Calendar for other Tri Fusion events

- September 26th. Tri Fusion Kids Fun Run. Great fun for all the kids!
- October 24th. Tri Fusion Oktoberfest 5k at Mead High School. Come run on the home course of the 2008 4A state cross-country champions!

Look for entry forms in the upcoming Race Rag and on the Tri-Fusion web site at www.tri-fusion.com

