

# The Salmon Run

A small fry obstacle run,  
a 1 km smolts run,  
a 5km walk/run, and a 10 km run  
in the beautiful  
Icicle Creek watershed

**Sunday**

**September 21, 2008**

Small Fry Obstacle Race: 8:45 A.M.

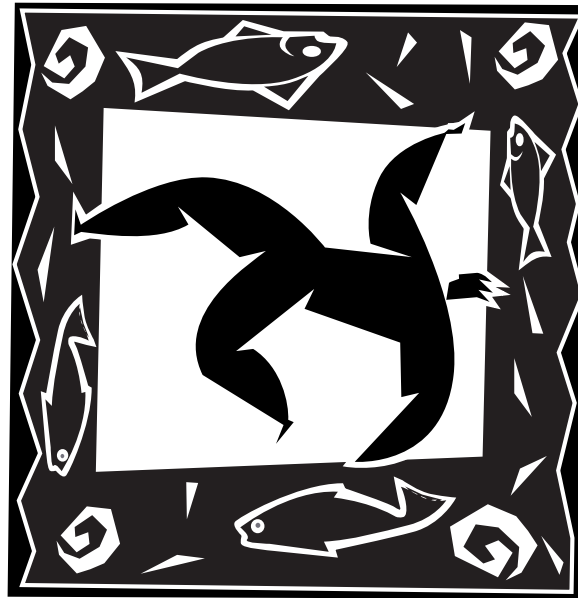
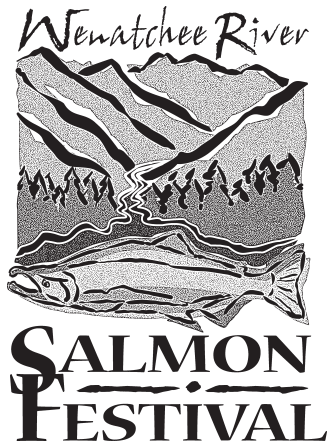
Smolts 1km Race: 9:00 A.M.

5km Walk / Run: 9:30 A.M.

10km Run: 9:30 A.M.

Leavenworth Fish Hatchery

**Sponsored by**



**RUM**  
A Benefit for  
Salmon Festival

**Salmon**

**The 6th Annual**

6th Annual  
**SALMON**



**RUN**  
Leavenworth, Washington

A Special Event of the  
*Wenatchee River*



**SALMON**  
**FESTIVAL**

# The Salmon Run

All proceeds go to Salmon Fest & Education

**Sunday, September 21, 2008**

## Start Times:

**Small Fry Obstacle Race - 8:45 A.M.**

**Smolts 1km - 9:00 A.M.**

**5km Walk/Run - 9:30 A.M.**

**10km Run - 9:30 A.M.**

## Location:

**Leavenworth Fish Hatchery**

## DESCRIPTION

A 10km run and 5km walk on pavement with some trail running

## REGISTRATION

8:00-8:45 at the Salmon Fest  
Leavenworth Fish Hatchery

## AGE GROUPS – 5K and 10K

under 15, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

## SMALL FRY OBSTACLE RACE

Kids under 6 can race our salmon obstacle course.

## SMOLTS RACE

Kids 6-13 can race our 1km course with obstacles.

## ENTRY FEE

\$30 for adults - includes tech t-shirt (while supplies last)

\$5 for kids 1km and obstacle - no t-shirt

**Register by September 1 to guarantee tech t-shirt**

After Sept. 10—\$35 (shirt included if available)

## AWARDS

Top three in each age group. Ribbons for all the kids.  
Random prizes for all racers after the race.

## INFORMATION CONTACT

Claudia at Mt. Stuart Physical Therapy  
(509) 548-3133

10171 Chumstick Hwy

Leavenworth, WA 98826

Email: [claudia@mtstuartpt.com](mailto:claudia@mtstuartpt.com)

Websites: [mtstuartpt.com](http://mtstuartpt.com) or [ncwsportsevents.com](http://ncwsportsevents.com)

# SALMON RUN REGISTRATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

AGE (on Sept. 21, 2008) \_\_\_\_\_ GENDER (circle one) M F

ENTRY FEE: (check one) **Register by September 1 to guarantee tech t-shirt**

5K / 10K—\$30     1km and obstacle (no shirt)—\$5     After Sept. 10—\$35 (shirt included if available)

T-SHIRT SIZE (circle one) ADULT: small medium large X-large

Make checks payable to:  
**Mt. Stuart PT**

**Circle which event you will be participating in:**

Small Fry Obstacle Race    Smolts 1km Race    5km Walk/Run    10km Run

## SALMON RUN

### ACKNOWLEDGMENT, WAIVER & RELEASE FROM LIABILITY (“AWRL”)

**ALL PARTICIPANTS MUST READ AND SIGN. PLEASE READ CAREFULLY BEFORE SIGNING THIS**

### ACKNOWLEDGEMENT, WAIVER AND RELEASE FROM LIABILITY.

I acknowledge that the SALMON RUN (the “event”) tests a person’s physical and mental limits with the potential for death or serious injury. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THE EVENT. I certify that I am physically fit and have sufficiently trained for participation in the event. I acknowledge that my statements on this AWRL are being accepted and relied on by the event organizers and sponsors in permitting me to participate in the event. In consideration for allowing me to participate in the event, I take the following actions on behalf of myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf: (i) I WAIVE, RELEASE, AND DISCHARGE the event organizers, volunteers and sponsors and the officers, directors, employees, representatives and agents of any of the above (the “Organizers”) from any and all claims, losses, or liabilities for death, personal injury, medical or hospital bills, or damage of any kind, including economic losses, which may in the future arise out of or relate to my participation in or my traveling to and from the event; (ii) I ASSUME ANY AND ALL OTHER RISKS associated with participating in the event and any hazard that may be posed by Organizers, spectators, traffic, pedestrians and animals; and (iii) I AGREE TO INDEMNIFY AND HOLD HARMLESS the Organizers from any and all claims made or liabilities assessed against them as a result of (a) my actions or inactions, (b) the actions, inactions or negligence of others including some or all of the Organizers, (c) the conditions of the areas where the event is being conducted; and/or (d) any other harm caused by an occurrence related to this event:

**I HEREBY AFFIRM THAT I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENTS.**

PRINT NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Participant)

**If Participant is under 18 years of age, the parent /guardian and the participant must sign below.**

I HEREBY AFFIRM THAT I AM THE PARENT/GUARDIAN of the above Participant and that I consent to, acknowledge, and approve the above AWRL, individually and on behalf of the minor Participant named above. I agree to indemnify and hold harmless the Organizers for any claims made or liabilities assessed against them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the minor in the execution of the foregoing AWRL or in the execution of this Consent.

**I HEREBY AFFIRM THAT I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENTS.**

PRINT NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Parent / Guardian of above Participant)