

An ARHS Cross Country Team fundraiser!

We believe in keeping sports cost-free for *all* students.

The Beat the Raven 5K raises money so *all* of our athletes can travel to weekend invitationals.



3 Ways to Register!

1. **Online** at ARHS > Athletics > Cross Country
<http://www.auburn.wednet.edu/Domain/2547>
2. **Mail** (Check)
3. **In person @ ARHS** (cash, check, or credit card)

Support our Sponsors!

Road I.D.
Brooks Running
Haggen Foods
Hop Jack's
Darigold
Legendary Doughnuts
Oberto

The 8th Annual (USATF certified!) Beat the Raven 5K Fun Run & Walk



Saturday, June 17th, 9:00 AM
Auburn Riverside High School
Auburn, Washington

2017 Beat the Raven 5K Registration Form

Name _____

Address _____

Phone _____

Email _____

Please make all checks payable to Auburn Riverside High School. Registrations can be mailed to

Beat the Raven 5K
c/o Auburn Riverside High School
501 Oravetz Road
Auburn, WA 98002

*One entry per person;
please feel free to make
copies of this
registration form.*

Cash or credit card pre-registration can be made at the ARHS bookkeeper's office.

Registration includes:

- T-shirt
- Course photography (pictures available online...FREE!)
- Random prize drawing* with prizes !!!
- USATF certified, nearly flat 5K course on wide, paved park trail (check the ARHS XC website for a map)
- Online results (HYTEK timing system)
- Ribbons to the top finishers in each category
- Post-race celebration and breakfast with muffins, fruit, coffee, Gatorade, water, music
- The gratitude of XC athletes, parents & coaches!

*Drawing begins at 10:00 am on race day. If you anticipate needing more than an hour to finish the course, please inform the starter so we can hold your door prizes for you!

____ Male
____ Female
____ Age on day of
race (required)

T-Shirt Size:

Adult ____ S ____ L
____ M ____ XL
____ XXL

Youth ____ S ____ M ____ L

I understand that running a 5K race is a potentially a hazardous activity. I understand that I should not enter and run 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, known and unknown, associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather including high heat/humidity and the conditions of the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I for myself and anyone to act on my behalf, waive and release the Auburn School District, City of Auburn, Auburn Riverside High School, all sponsors, volunteers, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Waiver of liability

If Over 18

SIGNATURE _____

DATE _____

Under 18 / Signature of parent or legal guardian

SIGNATURE _____

DATE _____

Registration Fees

- ⇒ \$25 (*before June 9th*)
- ⇒ \$15 for students 12 and under
- ⇒ \$30 (*day of race*)