

31st Annual Intermountain® Healthcare Speedy Spaniard Road Race



Intermountain®
Healthcare

DATE:

Thursday, July 24, 2008

On-line registration available at runnercard.com

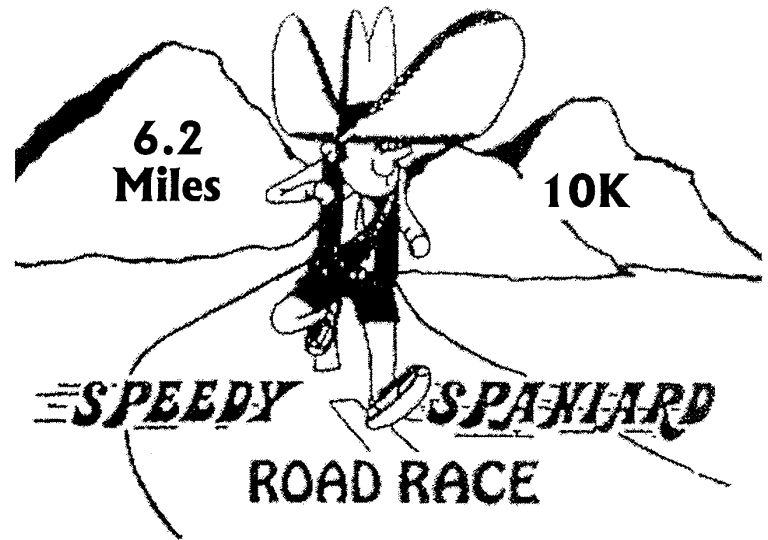
DISTANCE & LOCATION:

10K (6.2 Miles) begins at Canyon View Park (turn south on 3300 E. Powerhouse Road above Little Acorn before the mouth of the Spanish Fork Canyon.)

SPANISH FORK, UTAH

TIME:

10 K START at 6:30 a.m. SHARP!



10K with Shirt:	10K NO Shirt:
\$15.00 Early-Reg. thru July 15	\$12.00
\$20.00 Pre-Reg. July 16-22	\$17.00
\$25.00 Morning of race July 24	\$20.00

To receive the early or pre-registration fee, mailed or fees paid in the Rec. Office must be received by the above dates.

Register on-line at runnercard.com or register at the SF Parks & Rec. Office in the SE Corner SFHS "C" Building, (physical address - 428 W. Center)

Please pre-register if at all possible.

Race Includes Awards, Refreshments & Prize Drawings! T-shirt is optional.

For more information, 798-4068. Shuttle provided after the race from the City Park back to Canyon View Park.

2008

Course map on reverse side

Race Day Registration for 10K begins at 5:30 am at Canyon View Park
Pre-registration packets will be ready for pick-up at registration prior to race.

SF Parks & Recreation Office Hours:
M -Th, 8 am - 6 pm; Fri. 8 am - 4 pm

Intermountain Healthcare
Speedy Spaniard Road Race
(Please Print)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ AGE _____

10K FEE \$ _____ DATE REC'D _____

AGE DIVISIONS (Check one)

Male		Female
<input type="checkbox"/> A	9 & under	<input type="checkbox"/> A
<input type="checkbox"/> B	10 - 14	<input type="checkbox"/> B
<input type="checkbox"/> C	15 - 19	<input type="checkbox"/> C
<input type="checkbox"/> D	20 - 24	<input type="checkbox"/> D
<input type="checkbox"/> E	25 - 29	<input type="checkbox"/> E
<input type="checkbox"/> F	30 - 34	<input type="checkbox"/> F
<input type="checkbox"/> G	35 - 39	<input type="checkbox"/> G
<input type="checkbox"/> H	40 - 44	<input type="checkbox"/> H
<input type="checkbox"/> I	45 - 49	<input type="checkbox"/> I
<input type="checkbox"/> J	50 - 54	<input type="checkbox"/> J
<input type="checkbox"/> K	55 - 59	<input type="checkbox"/> K
<input type="checkbox"/> L	60 - 69	<input type="checkbox"/> L
<input type="checkbox"/> M	70 & up	<input type="checkbox"/> M
<input type="checkbox"/> N	Clydesdale/Athena	<input type="checkbox"/> N

(Clydesdale - 200+ lbs - Men
Athena - 140+ lbs - Women)

REGISTRATION NOT ACCEPTED UNLESS THE FOLLOWING DISCLAIMER IS SIGNED:
In consideration of my entry and intending to be legally bound for myself and my heirs, executors, and administrators, I give any rights and claims against the persons, organizations, or any other sponsor affiliated with this 10 kilometer or 1 mile race any damages which I may suffer in connection with my travel to, participation in, or return from the run.

Signature in full _____
Parent/Guardian (if runner is under 18)

FILL OUT BOTH SIDES OF ENTRY FORM!

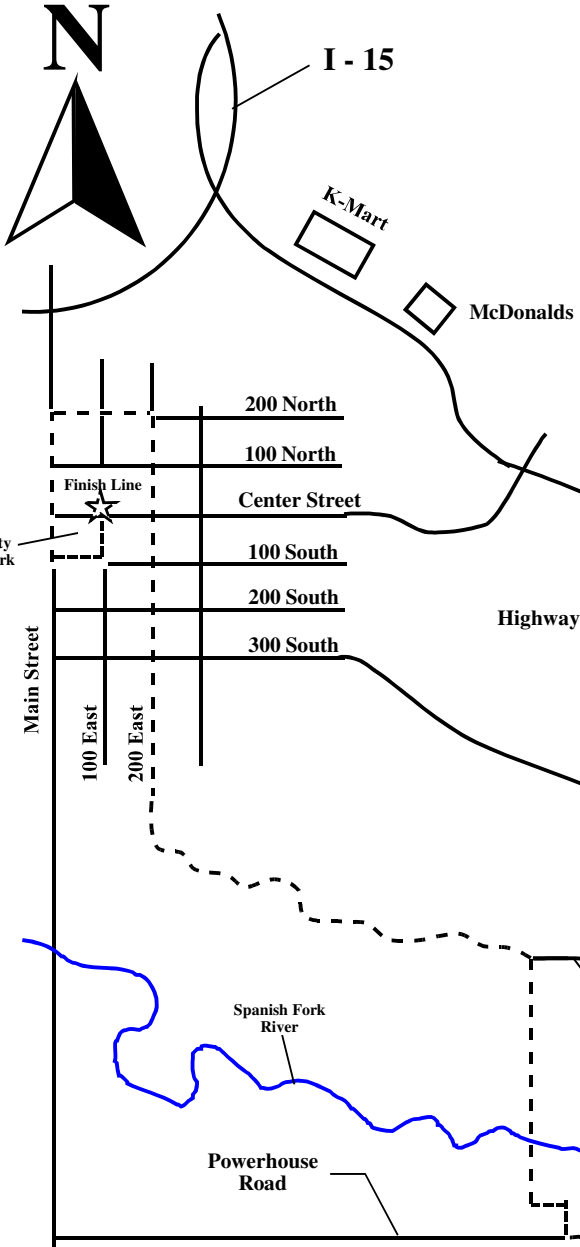
To register, return this form to:

Spanish Fork City Parks & Rec.
Attention: IHC Speedy Spaniard
99 North 300 West
Spanish Fork, UT 84660

(THIS FORM MAY BE DUPLICATED)
Mailed entries must be postmarked by July 17.
Allow time for Early or Pre-Reg. Fees to arrive in the Rec. Office before the above deadlines.

Indicate T-Shirt Size - ADULT

S	M	L	XL	XXL
YOUTH SIZES: M L				



31st Annual
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**Speedy Spaniard
 Road Race
 Spanish Fork, Utah**

**WAIVER & RELEASE OF DAMAGES AGAINST THE STATE OF UTAH FOR
 PARTICIPATION IN AN APPROVED SPECIAL EVENT ON STATE ROADS**

I, _____, do hereby release and discharge the State of Utah, the Department of
 (Name of Participant or Parent/Guardian)
 Transportation, the Utah Transportation Commission, the Utah Highway Patrol, and their officers, agents,
 and employees from all claims, demands, and causes of action of every kind whatsoever for any
 damages and/or injuries which may result from my participation or the participation of my child _____
 _____ (Name of Minor Participant)
 In the Speedy Spaniard 10K Road Race involving roads within the Utah state highway system.

 (Date)

 (Signature of Participant for Parent/Guardian of Minor)