



42nd Annual Canyon View Medical Group Speedy Spaniard 10K Road Race



Wednesday, July 24, 2019

ROUTE:

Begins at Canyon View Park
Follows the Spanish Fork River Trail
Finishes at the Sports Park

Chip Timing at Start & Finish!

TIME: Begins at 6:30 a.m. SHARP!

Early Bird Reg. thru June 28	\$13.00
Pre-Reg. June 29 - July 15	\$17.00
Final Reg. July 16 - 22	\$20.00
Sport-Tek Race Shirt (Optional)	\$ 7.00

**MUST REGISTER BY JULY 22!
NO DAY OF RACE REGISTRATIONS
ACCEPTED ON JULY 24.**

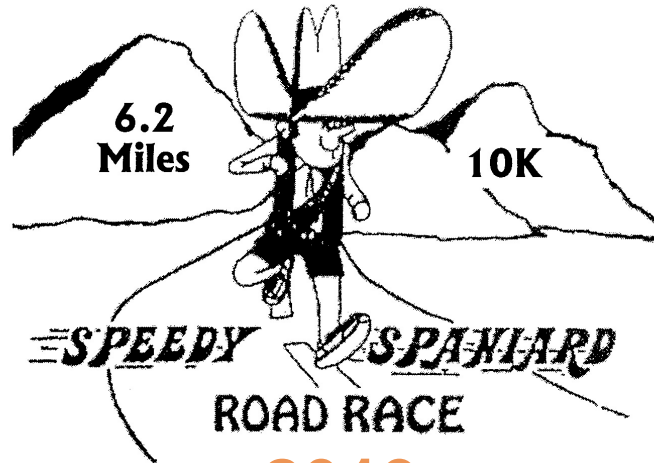
Register on-line at runnercard.com
Register in person or by mail

- ~ Includes awards, fruit, prize drawings.
- ~ For more information, 801-804-4600.
- ~ Shuttle provided after the race from the Sports Park to Canyon View Park.

**SF Parks & Recreation Office Hours:
Monday through Friday, 8 a.m. to 5 p.m.**

On-line registration available at runnercard.com

SPANISH FORK, UTAH



2019

MUST REGISTER BY JULY 22.

NO RACE DAY REGISTRATIONS OR REFUNDS GIVEN!

Packet Pick-up available July 19 & 22-23 at Parks & Rec. Office, if registered by July 15. If you register after July 15, Race Day Packet Pick-up begins @ 5:30 a.m. on July 24 at Canyon View Park.

Canyon View Medical Group 10K Speedy Spaniard Road Race

(Please Print)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ DOB _____
mm/dd/yy

EMAIL _____

10K FEE \$ _____ DATE REC'D _____

Shirt FEE \$7.00 TOTAL - \$ _____

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 - 64	<input type="checkbox"/> L
<input type="checkbox"/> M	65 - 69	<input type="checkbox"/> M
<input type="checkbox"/> N	70 - 74	<input type="checkbox"/> N
<input type="checkbox"/> O	75 & up	<input type="checkbox"/> O
<input type="checkbox"/> P	Clydesdale / Athena	<input type="checkbox"/> P
	(Clydesdale - 200+ lbs - Men Athena - 140+ lbs - Women)	

Indicate T-Shirt Size - ADULT

S M L XL XXL

YOUTH SIZES: S M L

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. **No refunds given.**

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

To register, return this form to:

**Spanish Fork City Parks & Rec.
Attention: Canyon View Medical
Group Speedy Spaniard 10K
775 North Main
Spanish Fork, UT 84660**