

# 1<sup>st</sup> Annual Festival of Sail



## *“Instant Gratification” Fun Run,* **Saturday, May 14th**

Location: Central and 2<sup>nd</sup>

Start Time: Instant Gratification 10:00 AM

Race Day Registration: 7:30 AM – 8:30 AM

Entry Fee: Pre-registration \$15.00, due by May 7<sup>th</sup>  
Race Day registration \$20.00

T-Shirts guaranteed to all pre-registered runners

Race Course: If you love road racing but not running, this is your race. Runners will run, walk, jog, hop, jump, or skip across Central Ave in Downtown Coos Bay and still earn a T-shirt!

**Instant Gratification Run  
Awards:  
Dress in Your Track Best-  
Male and Female  
No Age Limit**

All proceeds benefit the beautification of Downtown Coos Bay and Flower Baskets.

---

Detach and return to Coos Bay Downtown Association Office: 320 Central Ave #410, Coos Bay, OR 97420.  
Make checks payable to: Coos Bay Downtown Association

1<sup>st</sup> Annual Coos Bay Downtown Association Instant Gratification

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_M\_\_\_F\_\_\_ Shirt: \_\_\_S\_\_\_M\_\_\_L\_\_\_XL\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event and am in good health and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event including but not limited to: falls, contact with other race participants, the events of the weather including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates, or roller blades, and animals are not allowed in the race and I will abide by this guideline, Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Coos Bay Downtown Association and the City of Coos Bay, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_