



The VikingMan Fun Runs will be held on Friday evening, Sept 10, 2010 at Riverside Park in Heyburn, Idaho. (1177 7th Street, Heyburn, 83336) Come join us and enjoy the camaraderie of fellow triathletes, runners, family and friends.

RACE DAY SCHEDULE

5:15 PM Race Registration

5:25 PM – Course review

5:30 PM – VikingMan 1 mile begins

5:35 PM – VikingMan .5 mile begins

AWARDS

All participants will receive a finisher's medal!

ENTRY FEE

\$3.00 for individuals or \$10.00 per family



VikingMan 1/2 and 1 Mile Fun Run

Circle One: 1/2m Adult 1/2m Youth 1m Adult 1m Youth

Full Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Sex M F DOB _____ Age _____

Email Address _____

Name & Phone Number of Parent or Legal Guardian (if under age 18) _____

Shirt Size (circle one) Youth S M L Adult S M L XL XXL

Race day Emergency Contact including phone # - not participating in Fun Run _____

Mail in registrations must be postmarked by August 30. Mail to American Heritage Academy, Attn VikingMan Fun Run, 1226 Parke Ave., Burley, ID, 83318

Make checks payable to: American Heritage Academy

Race management reserves the right to accept or reject any entry. No refunds or rollovers allowed.

Registration is not valid unless waiver is signed.

ENTRANT'S RELEASE: In consideration of the acceptance of this registration entry, I, the registrant, assume full and complete responsibility for any injury or accident which may occur during my participation in the event, or while I am on the premises of this event. I hereby release and hold harmless American Heritage Academy, Riverside Park, the sponsors, promoters, contributors and all other persons and entities associated with this event and their agents or employees from any and all injury or damage whether such injury or damage be caused by the negligence, the gross negligence, or misrepresentation of the sponsors, promoters, contributors, or any other person or entity associated directly or indirectly with the event or their agents or employees. I will not enter or participate unless medically able and properly trained. I assume the risk associated with this event, including but not limited to high heat and/or humidity, cold, wind, rain, and the conditions of the roads and trails, all such risks being known and appreciated by me. Fees are non-refundable. I expressly assume the responsibility for any and all acts committed by me that result in bodily injury or property damage. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion picture, recordings, or any other record of the event. I have read the foregoing and certify my agreement or my parent's or guardian's if under 18. I agree that the undersigned is the above registrant.

Registrant's Signature

Date

Parent/Guardian Signature (IF runner is under 18)

Date