

2013 9th Annual Rubber Chicken Relay (Run or Walk)

8-miles Total, FLAT and FAST

- When: Thursday, November 28, 2013 Thanksgiving Morning, **Race Starts at 9:00**
(This is a **Day Of Race Entry ONLY.**) Registration starts at 8:00 AM
- Where: By Lewiston's train bridge parking lot at the ducks ponds (near 5th Street and Dike Bypass Road, More parking available near Lewiston Morning Tribune building).
- What: 2 x 2 person x 2-mile relay (8-miles total). Each runner/walker will complete two 2-miles legs alternating with his/her teammate.
- Why: In the theme of the day all proceeds will be donated to the Idaho Food Bank in Lewiston.
- Entry: \$3.00 per runner and one can of food or non-perishable food item.
- Restrooms : As you can tell by the entry fee this is a low budget event with all proceeds going to said charity listed in the "WHY" section above. In short, we will not have port-a-potties. Restrooms are usually open near the confluence (about a quarter mile away) and about a half mile to the east.
- Prizes: Awards to overall winning teams to the following six (9) categories
1. Hen and Rooster (co-ed)
 2. Hens (women)
 3. Roosters (male)
 4. Hatchlings Girls (aka high school teams)
 5. Hatchlings Boys (aka high school teams)
 6. Hatchlings Coed (aka high school teams)
 7. Stew Hens (women combined age > 100)
 8. Stew Roosters (men combined age > 100)
 9. Stew chicken (coed combined age > 100)

Team Name: _____

Runner #1

Name _____ Sex (please circle one) M F Age: _____

Runner #2

Name _____ Sex (please circle one) M F Age: _____

Please read and sign the obligatory athlete release below:

In consideration of the acceptance of my entry, I do hereby acknowledge that I assume all risks resulting from, and I do hereby, for myself, my heirs, my executors and/or administrators, waive, release and forever discharge any and all sponsors and organizers, their officers, agents and assigns, the race directors (David Charles "Chuck" Ross, esq. and Kaid Edward "Ed" McKay, esq.) and volunteers from any and all liability arising from illness, injuries, temporary insanity or damages I may suffer as a result of my preparation for the 9th Annual Rubber Chicken Relay. I also understand that if I am sideswiped by a goose, feel the need to dress as a 1980s hair band guitar player (entry fee will be waived), believe the Brady Bunch was better sitcom than Hannah Montana, or believe voting for Donald Duck in a presidential election makes a useful statement, these are all signs of other personal issues unrated to the race and you may need to seek the help of a qualified professional.

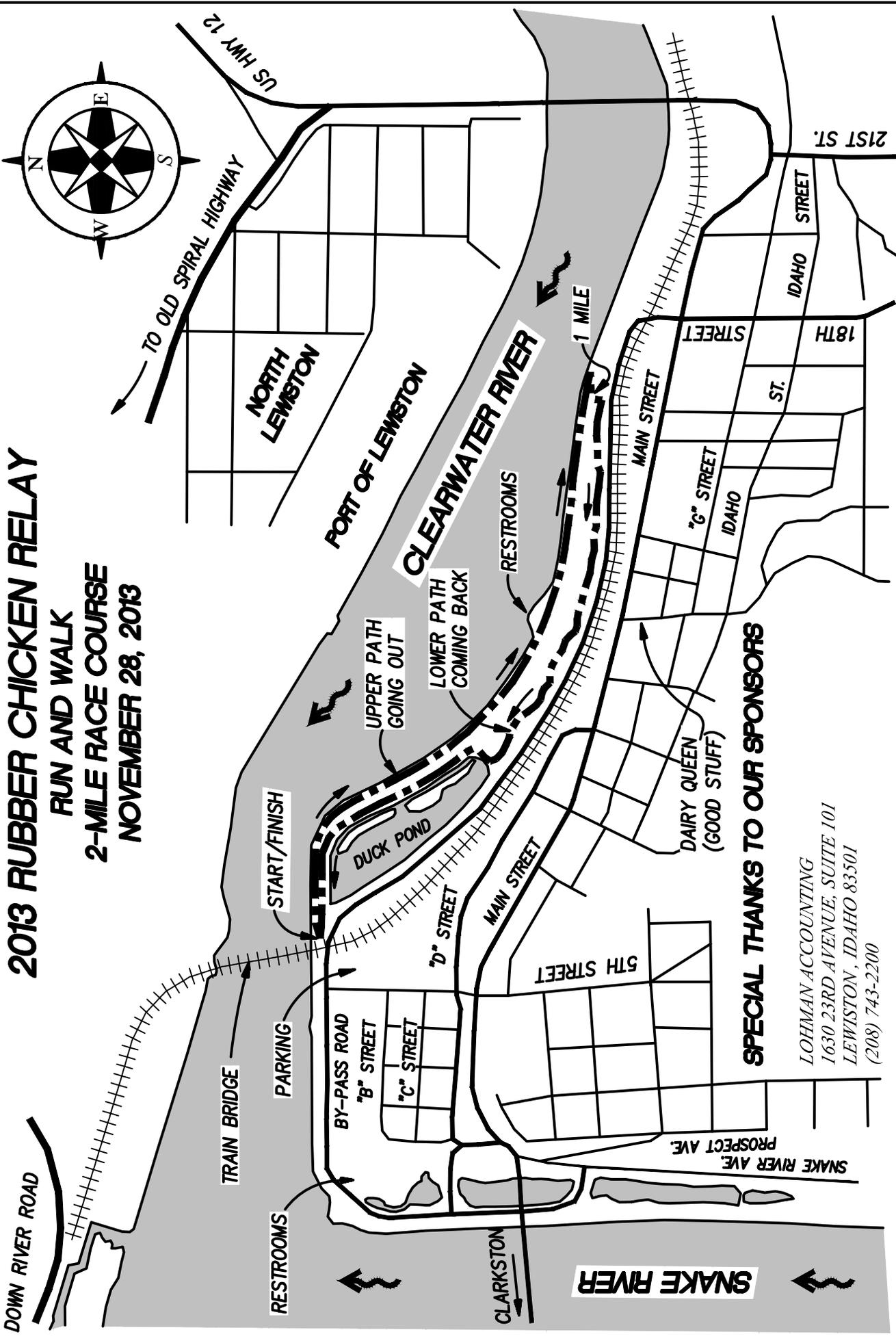
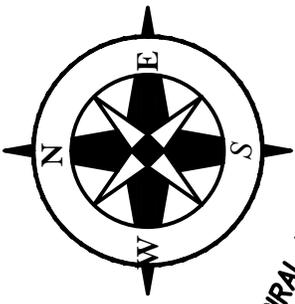
Signature: _____ Date: 11/28/2013 Favorite Crayola Crayon Color: _____

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For concerns or other nonsense, call Dave Ross at (509) 947-5069 or-mail runnerross@hotmail.com

For questions and race information call Kaid McKay at (503) 828-8831 or e-mail kaid01.km@gmail.com

2013 RUBBER CHICKEN RELAY
RUN AND WALK
2-MILE RACE COURSE
NOVEMBER 28, 2013



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