



EXTREME BED RACING!

GET THOSE RUNNIN' SHOES (& a Great Costume??) AND RACE!

RULES & PARTICULARS:

1. Each team will be made up of 5 members (4 runners and a rider), and each team member must be at least 16 years of age.
3. Two teams will race in each heat, with the winners of each proceeding on to the finals
4. Racing beds will be provided.
5. Other rule particulars will be announced at race time, **3:00 P.M. on July 17, 2010**
6. Entry fee is \$25 per team
7. Race course is on First Street between Avenue B and Avenue C. Don't expect to enjoy the scenery, as the course is downhill and you will be moving rapidly (if you want to win, that is).
8. Heats will start at Avenue C. The course will be an obstacle course...come prepared for anything!
9. Awards will be given for the Fastest Team; The Best Dressed Team (bring a costume!); & the "Ooops, I Shoulda Stayed In Bed" Team.
10. For information call Marie Auriol at Peoples Bank: 360-563-1112

Peoples Bank
A higher level of service.

ENTRY FORM & FORMALITIES

TEAM NAME: _____ COMPANY SPONSOR NAME: _____

NAME OF CONTACT PERSON: _____

DAY PHONE # _____ EVE PHONE# _____

MAIL TO: Kia Ha Ya Days Festival Committee, PO Box 571, Snohomish WA 98291

OR REGISTER DAY OF RACE

READ THIS BEFORE SIGNING! I know that running a bed race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high humidity, traffic and the conditions of the road. Having read this waiver and knowing these facts, I, myself and anyone entitled to act of my behalf, waive and release the City of Snohomish, Snohomish County, Kia Ha Ya Days Committee, and all other sponsors, individuals and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation even though said liability may arise out of negligence or carelessness on the part of other persons named in this waiver. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Parent of legal guardian must sign if athlete is under 18: this is to certify that my child has permission to compete in this event, is in good physical condition and that event officials may authorized necessary emergency treatment. NO ENTRY WITHOUT VALID SIGNATURE.

Signed: X _____ Date: _____ Phone # _____

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Signed: X _____ Date: _____ Phone # _____

Signed: X _____ Date: _____ Phone # _____

Signed: X _____ Date: _____ Phone # _____