



Flagstaff 4 on the Fourth

Monday, July 4th, 2011

Start: 7 a.m. at the Historic Flagstaff Flagpole, Thorpe Rd. Parking: Flagstaff Middle School, 755 N. Bonito St.

**Registration starts at 6 a.m. -
closes at 6:45 a.m.**

Fun Run Details:

- Four miles on the Flagstaff Urban Trail System: north toward the Museum of Northern Arizona and back.
 - Progressive (head) starts by age and gender.
 - Runners responsible for bringing own water.
 - Certificates to be awarded to the first 10 finishers.
 - Award ceremony at 8 a.m.
- Free,** but canned food donations welcome.

**Come be crowned "Fastest Runner in
your Town for 2011!"**

**Additional Info or to volunteer: 774-
5776 leave message**

Head Starts:

Female		Male	
Under 12	15 mins	Under 12	14
12-14	13	12-14	6
15-17	7	15-17	1
18-29	6	18-29	0
30-39	7	30-39	1
40-49	8	40-49	3
50-59	10	50-59	4
60+	12	60-65	7
		65+	8

PARENTAL

WAIVER OF LIABILITY AND PERMISSION TO PARTICIPATE

I understand that road and trail racing is a potentially hazardous activity and hereby waive and release all officials and directors of the Flagstaff Four on the Fourth Race and Group Run, on July 4th, 2011, and all volunteers, sponsors and city officials from any and all claims of liability arising from my child's voluntary participation in this event. As the parent or legal guardian of (**child's name**) _____, I give my permission for him/her to participate in this event, subject to this waiver of liability signed by me below.

Printed Name: (Parent/Guardian)
(Parent/Guardian)

Signature:

Date: _____

Age: (of runner)

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