

Genesee Cow Creek Run

Saturday, June 8, 2024

In conjunction with Genesee's Annual Community Days

Time: Race Starts at 8:00 am. Check in and late registration will be Friday 5:00pm – 7:00pm or Saturday 6:30 am at the City Park, across from the City Hall (Walnut St/Main Street)

Forms received by May 20, 2024 are considered EARLY REGISTRATION. Family plan 4 or more members, grandparents included and May 20

After May 20th, registration is considered late and you will NOT be able to get a shirt

Course: Five miles (5) – the course begins on Main Street, into the country on paved and gravel roads. There is a challenging, but short, hill at the 1 ¼ mark.

Two miles (2) – the course is all paved in town, and consists of two one – mile loops.

Both courses are accurately measured and well-marked. Water and aid stations are available. Times will be given at each mile post.

Order of finish and times will be posted as soon as possible after everyone has completed the run. First place awards will be presented to the first three out of everyone and ribbons will be given out. **We will be doing a color run so please wear old t-shirts/white**

Genesee Track & Field will be putting on this event this year, all proceeds will be put towards traveling gear, new equipment

Tear here and return completed bottom portion

RELEASE

I know that running a road race, regardless of the distance, is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete this road race and I further agree that race officials may authorize emergency treatment for me. I also understand the police protection will not be provided and both vehicular traffic and spectators will be present along the course, and I assume the risk of running under such conditions. I further assume any and all other risks associated with participating in the Genesee Cow Creek Run, including but not limited to illness, traveling to and from the event, falling, contact with spectators and other runners, the effect of the weather (including temperature extremes and aridity) and the surface condition of the roads, all such risks being known and appreciated by me.

Having read the waiver and knowing these facts and in consideration of the acceptance of my entry, I hereby for myself, my heirs, my executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge Genesee Community Day, Genesee Civic Association, race officials, volunteers, and any and all sponsors, suppliers, agents, independent contractors, employees, and any other personnel in any way assisting or connected with this running event from any and all claims or liability of any kind or nature whatsoever arising out of my participating in this event, even though that liability may arise out of negligence or carelessness on the part of the person or parties named in the waiver.

Participant's Signature _____

Parent's Signature _____

Date _____

Checks Payable to:
Genesee High School

Mail To:
Genesee Jr/Sr High School
330 W Ash Ave Genesee ID, 83832
Cow Creek Run
Genesee Track & Field

Or Drop off at
Genesee Jr/Sr High School
330 W Ash Ave
Genesee ID, 83832

If you have any questions feel free to contact Joe Bartosz (208) 301-2778

Sign – Up Form
Please Print

Name _____

Address _____

Male Female
(circle one)

Age _____

Phone # _____

Shirts Cost: \$20

Shirt size: Adult S M L XL XXL
Youth S M L

Early	2-mile	____ (Shirt)	\$30.00
Early	2-mile	____ (No Shirt)	\$10.00
Early	5-mile	____ (Shirt)	\$30.00
Early	5-mile	____ (No Shirt)	\$10.00

Family Plan 2 Mile _____ 5 Mile _____ \$30.00

Late 2-mile (No Shirt) _____ \$10.00

Late 5-mile (No Shirt) _____ \$10.00