

THE SLEEPY KRAKEN RUNYAK

2 mile run - 2 mile paddle - 2 mile run

Registration Information

- Race day is June 12, 2021 and will be held at Lake Lurleen State Park.
- Registration and packet pick up start at 6:30 a.m. Race starts at 8a.m.
- Registration must be received before May 31st to be guaranteed a shirt
- Registration price is \$45 per participant. \$45 for a solo participant or \$90 for a team. Running only participants are \$25.
- Each participant must provide their own vessel and have a PFD (Personal Flotation Device). ALL participants are **REQUIRED** to wear a PFD during the paddle portion of the race. Failure to wear a PFD will result in a disqualification.
- Participants must be 12 years old to be a solo racer or be 7 years old with a Parent to be a team.
- **Mail form and fees to: Tuscaloosa Track Club**

P. O. Box 20375 Tuscaloosa, AL 35402 Must be postmarked by **June 4, 2021.**

Solo Participant or Team member #1

Name: _____ Age as of 06/12/21: _____

Address: _____

City: _____ State: _____ Zip: _____

Circle One: Male Female Circle One: S M L XL 2XL

Vessel type: Kayak Paddleboard Running Only

Team Member #2

Name: _____ Age as of 06/12/21: _____

Address: _____

City: _____ State: _____ Zip: _____

Circle One: Male Female

Size: S M L XL 2XL

I, individually (or as a parent or guardian of a minor child under the age of 18 participating) for and in consideration of acceptance of this entry in the Sleepy Kraken Runyak event, state that I (or my minor child) is in proper physical condition to participate, and request to participate in said event on June 12, 2021, and, in consideration of the Tuscaloosa Track Club permitting the undersigned or his/her minor child to engage in the aforesaid activity, the undersigned does, for himself/herself, his/her heirs, assigns, executors and administrators, remise, release and forever discharge Lake Lurleen State Park and the Tuscaloosa Track Club, its officers, agents, and/or employees, event sponsors, and event volunteers of and from all manner of action and actions, suits, and sums of money, dues, claims, or demands, whatsoever, which arise out of or in any manner grow out of, property damage, injuries or death sustained by the undersigned or his/her minor child, including injuries known or unknown, by reason of being permitted to participate in the aforesaid activity. TUSCALOOSA TRACK CLUB MEMBERSHIP WAIVER: I know that running and volunteering in work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waiver and release the Road Runners Club of America, the Tuscaloosa Track Club and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. The UNDERSIGNED has read this Release and fully understands the same.

Signature Participant (if 18 or over) or Parent/Legal Guardian (Solo\Team Member #1) Date: _____

Team Member #2 Date: _____