



**Spa Running Festival**  
**13.1, 10K, 5K, 1K**  
**Entry Form**  
**Saturday, November 16, 2019**  
[www.sparunningfestival.com](http://www.sparunningfestival.com)



**Make Check Payable to Spa Running Festival and mail to P. O. Box 1199, Hot Springs, AR 71902**

**Mail-in forms must be postmarked no later than Saturday, November 9.**

**The Spa Running Festival does not offer refunds or defer registrations to future years; transfers are allowed**

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Sex:** M \_\_\_ F \_\_\_ **Date of Birth:** \_\_\_\_\_ **Age on Race day:** \_\_\_\_\_

**Sign me up for (check only one event):**

**Half Marathon - *must maintain a 18:00 minute per mile pace to complete the course deadline of 11:00 am***

☐ \$55 ☐ \$65 eff. 7/1/19 ☐ \$75 eff. 10/1/19 ☐ \$85 eff. 11/15 & 11/16

**1/4 Training Long Sleeve Shirt (Unisex) Size:** ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

☐ \$35 -10K – RRCA Grand Prix Race

☐ \$30 - 5K Run/Walk

**Long Sleeve Technical Shirt for 10K and 5K Run/Walk (Unisex) Size:**

☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

☐ \$20 - XC<sup>2</sup> 5K – Cross City Championship (ages 12 – 19); School Attending: \_\_\_\_\_

**Short Sleeve Event Shirt (Unisex) Size:** ☐ S ☐ M ☐ L ☐ XL

☐ \$10 - Spa Squirt 1K (ages 2-10) Spa Squirt: ☐ YXS ☐ YS ☐ YM ☐ YL

**Emergency Contact Information:** Name: \_\_\_\_\_ Phone: \_\_\_\_\_

In Consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against volunteers, officials, sponsors or affiliated organizations of the of the Spa Running Festival for injury or illness which may directly or indirectly result from participation. I further state that I am in proper physical condition to participate in these events. I also give permission for the free use of my name and/or picture in account of this event.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of Parent/Legal Guardian if Child is Under 18

\_\_\_\_\_  
Date