

Sponsored by



HAUSER LAKE  
WATERSHED COALITION

# HAUSER 10K ICE BREAKER

## SUNDAY, APRIL 4, 2010 10:00 AM - 11:30 AM

The Hauser 10K Ice Breaker is a Bloomsday Second Seed qualifying race. For seeding details see Race Information, Seeding section of the Bloomsday website

<http://www.bloomsdayrun.org/SecondSeeding.htm?a>

USA Track & Field Certification code: **ID09004DCR**

**REGISTRATION DEADLINE: MARCH 30th \$15.00 (Includes shirt) \$7.50 (No shirt)**  
Late registration after March 30th add \$5.00. **Late Registrations Accepted @ 9:00AM April 4th @ race site**

**PACKET PICK UP:** 10:00 AM - 6:00 PM, Friday April 2 at Fleet Feet Sports, 511 Sherman Ave, CDA  
or 9:00 AM race day at the Hauser Lake Pavilion 100 feet E. of starting line.

**AGE GROUP** (circle one) **13 – 19 / 20 – 29 / 30 – 39 / 40 – 49 / 50 – 59 / 60 – 69 / 70+ / Wheelchair**

**AWARDS:** 1st, 2nd, 3rd place female and male participants in each age group will receive certificates.

**LOCATION: Hauser, Idaho.** The Hauser Lake 10K Ice Breaker will occupy the inside lane (lake side) of Hauser Lake Road. This lane will be monitored by volunteers from 10:00 AM -11:30 AM race day. The race will start at 10:00 AM at the south end boat launch behind the Hauser Fire Station. If the parking lot at the launch area is full, please park on the outside shoulder (away from lake side) near the race area.

Questions? Call Duane @ 208-777-7100 or John @ 208-660-4213 or visit our website at [www.hauserwatershed.org](http://www.hauserwatershed.org)

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**Indicate Shirt Size:** Men's XL\_\_\_ Large\_\_\_ Medium\_\_\_ Small\_\_\_ Youth\_\_\_

**NAME** (please print): \_\_\_\_\_  
First Last Gender M/F

**ADDRESS:** \_\_\_\_\_  
Street City State Zip Phone

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**THE SMALL PRINT:** I hereby acknowledge and understand that running a road race is a potentially hazardous activity. I also understand that I should not enter and run unless I am medically able and properly trained. I know that there will be traffic on this course route. I assume the risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including temperature and humidity, and the conditions of the road and raceway, all such risks being known and appreciated by me. I assume the risk of wearing any type of headset, which is strongly not recommended by race officials. Knowing these facts and in consideration of you accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive release, and discharge Hauser Lake Watershed Coalition, City of Hauser, Post Falls Highway District, race officials, race volunteers, and all sponsors including their agents and employees from any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event. **This RELEASE and WAIVER extends to all claims of every kind or nature whatsoever, foreseen, known or unknown. Applications for minors will be accepted only with parent's signature.**

**Please Mail Registration and Make Checks Payable to:**  
**Hauser Lake Watershed Coalition**  
**P.O. Box 2196**  
**Post Falls, ID. 83854**

\_\_\_\_\_  
Signature or  
Signature of Parent/Guardian if participant is under 18