

TEAM RUNNERS HIGH PRESENTS
The 22nd Annual Browne-Rice Kayak/Run Relay
JULY 15, 2023

WHO - Team Runners High members (and as partners invited friends if space is available) – (limit 25 teams).

WHAT - A relay race consisting of twenty-five, 2 person teams which will compete as follows:
A does a 1-mile kayak paddle, and tags B,
B does a 5K run, and tags A,
A does a 5K run, and again tags B,
B does a 1 mile kayak paddle to the finish.

WHERE - On the sand at 64th Place & Bayshore Walk, Long Beach Peninsula

WHEN - Saturday, July 15, 2023 8:00am. (check in by 7:40am required)

How Long – Plan on being on the beach until 10:30am by the time the slowest teams finish, we have the awards ceremony, party, and return the kayaks.

Details -

Cost - **\$40.00** per person – (cash or check to Team Runners High) (or by Venmo - search business) (or by Zelle 562-230-9893 – Team Runners High).

Team formation – **We will assign you a partner or you pick one.** One person on each team must be a TRH member.

Prizes – Awards for 1st Team overall – 2nd Team – 3rd Team
Individual Awards for Course records and special other awards.

Refreshments & Food – **TRH Provides Beverages. Breakfast Food is brought by the participants to share Beach party following race – Attendance required.**

Safety - All participants must wear a USCG-approved PFD (life jacket during the kayak portion of the race).
The streets and water will not be controlled. You are responsible for your own running and paddling safety.

Practice – Experience is not necessary but consider kayak practice prior to race day. Kayaks are provided on race day.

Entry Deadline – June 30, 2023 (late entries accepted on a space available basis only).

Submit Signed Entries to – Roberta or Enrica Bonifacio
Or mail to: Team Runners High at 5566 Naples Canal, Long Beach, CA 90803

NOTE – IF 25 TEAMS ARE NOT SIGNED UP AND PAID FOR BY June 30, 2023 THE RACE MAY BE CANCELLED AND ALL FEES WILL BE REFUNDED – No fees refunded after June 30th if the race is on.

Name (print) _____ Age _____ Sex -M ___ F ___

Address _____

City _____ State _____ Zip _____

Phone _____

Pay \$40.00 **Cash** _____ **Check** _____ **Venmo** _____ **Zelle** _____ **Total Paid** _____

Liability Waiver: Waiver and release for good and valuable consideration, including permission to participate in the July 15, 2023 Browne-Rice Kayak/Run Relay. I the undersigned for myself, my heirs, assigns, executors, administrators and for my dependent participant, waive any and all right of claims and release and hold harmless, Team Runners High (a non-profit corporation) Robert P. Rice, Paul Browne, Roberta Bonifacio, Runners High Inc., the kayak provider, the City of Long Beach and any volunteers, agents or sponsors connected with this event for any and all acts, omissions or negligence which may result in injury (including death) to myself or my dependent participant. I fully understand that I will be engaging in activities that involve risk of serious injury or death including economic losses I attest that I am physically fit, I have trained for this event, I am familiar with the basic principles of water safety and that I will wear an appropriate USCG-approved PFD (personal flotation device - life jacket) while participating in the kayak portion of this event. I have read this waiver and release and I understand that I have given up substantial rights by signing it and I sign it voluntarily.

Participant Signature (if under 18 parent or guardian) _____

Date _____ **E-mail address** _____

Optional I would like to have _____ as my partner.