

Age Divisions: 13 & under, 14-19, 20-29,
30-39, 40-49, 50-59, 60-69, 70+

An award will be given to the first person in each division.

Nutrition & Aide: There will be one aid station along the course of the 5K and four aid stations along the 1/2 marathon course. There will also be snacks & hydration at the end of the race.



Logo: Congratulations and thank you to Sierra Pete for designing the winning logo for the 2010 Torch Run.



Proceeds from this race will go towards a two-year scholarship to be given to a Polson High School Graduate of 2010. The winning candidate will be selected based on their contribution to service record, academics, and plans for continued involvement in their community.

Thank you for your interest in participating in the 2nd Annual Torch Scholarship Run. We are excited to offer both a 5K and 1/2 Marathon.

We want to encourage both experienced and new runners to participate in these races. Free training plans for the 5K or 1/2 marathon can be accessed online at www.halhigdon.com.

Please feel free to contact us for additional information. And thanks once again for participating.



Alpha Upsilon of Beta Sigma Phi 2010 Torch Scholarship Run

Heidi Sturm—Race Coordinator
96 Hillcrest Lane
Polson, MT 59860
406-883-3774

torchrunejune@gmail.com



5K Run/Walk
1/2 Marathon

SUNDAY JUNE 6, 2010

1/2 Marathon: 8:00 am
5K: 9:00 am

Location: Polson Softball Fields
Main & 9th Ave. W.

Proceeds will be used to provide a two-year scholarship to a PHS graduate.



SUNDAY JUNE 6, 2010

5K Run/Walk

Race-Day Registration: 8:00-8:45; Race Starts: 9:00 am

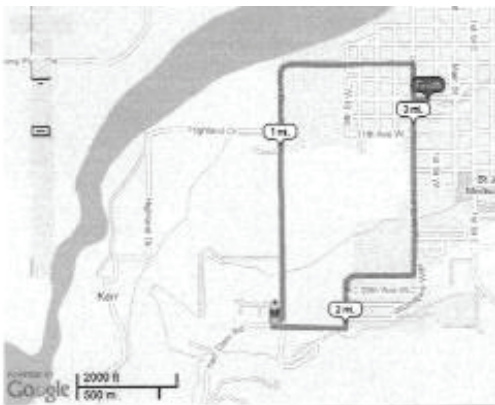
Course starts at Polson Softball fields, turn left on 7th Ave, connect to running path, turn left on Grenier Ln and go up hill, then come straight down hill and finish at softball fields.

1/2 Marathon

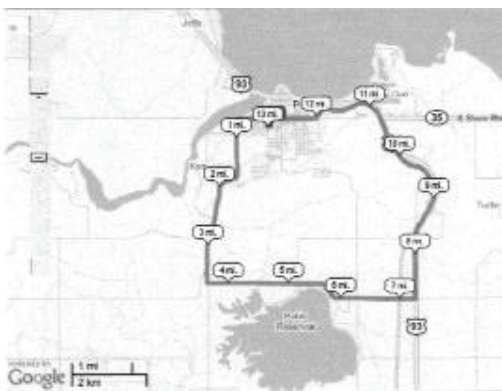
Race-Day Registration: 7:00-7:45 Race Starts: 8:00 am

This will be an all-paved, scenic route viewing the Mission Mountains and Flathead Lake almost the entire 13.1 miles. There's an incline at the beginning, then levels out and finishes down then flat. There will be four aid stations with water, Gatorade, and Hammer Gel.

5K MAP



1/2 MARATHON MAP



For larger maps please email torchrunjune@gmail.com

TORCH SCHOLARSHIP RUN ENTRY FORM

JUNE 6, 2010 ~ 5K ~ 1/2 MARATHON

For office use only:

Bib #: _____

T-shirt: _____

Name _____ Age _____ Gender _____

Address _____ City _____ State _____ Zip _____

Email Address: _____ Telephone# _____ Race: 5K 1/2 Marathon

Adult Shirt Size: S M L XL XXL Kids Shirt Size: S M L

ENTRY FEES: 5K Pre-registration: \$15 up to May 26, 2010. Registration after May 26, 2010 is \$15 (no t-shirt). 1/2 Marathon Pre-registration: \$40 up to May 26, 2010. Registration after May 26, 2010 is \$40 (no t-shirt). (Cancellation Policy: Fees are non-refundable and non-transferable.) No shirts after May 26, 2010 registration. **Mail entry form to: Torch Run, c/o Heidi Sturm, 96 Hillcrest Lane, Polson, MT 59860.**

Waiver and Release Statement:

In consideration of accepting the entry, I RELEASE for myself and my heirs, executors, administrators, legal representative successors in interest, and for my child (if parent or guardian signing on behalf of a participant under the age of 18, referred to as "my child") -the Alpha Upsilon Chapter and Members of Beta Sigma Phi, USTAF, the City of Polson, and all other promoters, sponsors, organizers and volunteers of this event, and the officers, directors, shareholders and/or members, agents and employees of each, as well as all medical, law enforcement and other personnel assisting with this event, the owners of the property through which the event course traverses, and their representatives, successors and assigns (collectively "Released Parties") from any and all rights, claims or liability for damage for any and all injuries to me, my child or my property arising out of or in connection with my participation in this event, including acts of God. I further agree that I WILL DEFEND, INDEMNIFY AND HOLD HARMLESS the Released Parties against all claims, demands and causes of action, including court costs and reasonable attorneys' fees, directly or indirectly arising from any action or other proceeding brought by or prosecuted contrary to this agreement for the benefit of me or my child. This agreement extends to all claims of every kind and nature whatsoever, whether known or unknown. I Fully ASSUME THE RISKS ASSOCIATED WITH MY AND/OR MY CHILD'S PARTICIPATION IN THIS EVENT, including but not limited to: the dangers of falls and collisions with pedestrians, vehicles and fixed or moving objects; the dangers of road conditions, surface hazards, either conditions, associated with and athletic trail run; and the dangers caused by others' negligence. I certify that I am and/or my child is physically and mentally fit to participate in this event. I understand that entry fees are necessary to meet the cost of preparation, months in advance of the run, and that if the run is canceled because of weather conditions, fire, drought, acts of God, or other circumstances beyond the control of run management, the entry fee will not be refunded.

Signature of Participant _____ Date _____

Printed Name of Participant _____

Signature of Parent/Guardian: _____

(if participant is younger than 18 years)

Printed Name of Parent/Guardian: _____