

Go the Distance – KCSR’s Virtual Distance Challenge

July 1st, 2020 – July 31st, 2020

Get outside this summer and challenge yourself to GO THE DISTANCE! Hosted by Kittitas County Search and Rescue, this Virtual Distance Challenge lets you choose your race! Made for all paces and ages, we hope you’ll take this opportunity to social distance, challenge yourself to get outside and be healthy, all while supporting our 100% volunteer organization. Challenge yourself between July 1st, 2020 – July 31st, 2020 to GO the Distance!

Choose your Challenge:

- Choose from walking, running, hiking or horseback riding
- Challenge Distances:
 - Walking (Pace: 25 minute/mile or less) – 30 miles or 60 miles
 - Running (20 minute/mile or less) – 50 miles or 100 miles
 - Hiking (any pace, be safe) – 50 miles or 100 miles
 - Horseback Riding (any pace, be safe, stay on the horse) – 40 miles or 80 miles
 - Cycling (any pace) – 150 miles or 300 miles

Mileage Tracking:

- Download the Strava app to keep track of mileage and Join Go the Distance Strava Club.
- Weekly mileage submission to Race Directors using Google Form provided (we will compare with Strava app).

Awards (of course there are awards):

- Most miles according to age (youngest and oldest) in each race category.
- Most creative Patriotic costume on July 4th.
- And whatever else we come up with along the way!

Registration Fee Options:

- \$30 per person
 - Includes Swag (Custom Nalgene Water bottle, custom drawstring bag, safety gear donated by Kittcom 9-1-1), access to private Facebook Group led by Search and Rescue volunteers which includes outdoor safety tips, fun daily contests and daily motivation!
- \$20 per person
 - No Swag but still awesome access to private Facebook Group led by Search and Rescue volunteers which includes outdoor safety tips, fun daily contests and daily motivation!

Payment instructions: Make checks payable to KCSR and mail directly (with completed registration form) to:

KCSR
PO Box 1494
Ellensburg, WA 98926

Questions? Contact Sara Vickers at 206-595-2972 or kcsrvolunteer@gmail.com

Go the Distance – KCSR Virtual Distance Challenge Registration Form

First name: _____ Last name: _____

Age on race day: _____ Gender: Male Female

Email: _____ Phone: _____

Street address: _____

City: _____ State: _____ Zip: _____

Choose a race to enter (Check a box):

- Walk – 30 Miles Walk – 60 miles Run – 50 miles Run – 100 miles
 Hike – 50 Miles Hike – 100 miles Horseback Ride – 40 miles
 Cycling – 150 Miles Cycling – 300 Miles Horseback Ride – 80 miles

Registration Options:

- \$30 – with Swag! \$20 – No swag, but still lots of fun!

Go the Distance – Virtual Distance Challenge Liability Waiver

In registering for the Go the Distance Virtual Race, as a fundraiser for Kittitas County Search and Rescue, it is important that you are aware of (by carefully reading) and acknowledging the agreement and waiver disclosures as stated below which can affect your legal rights in regard to your participation in our races.

It is important that you are aware that any physical activity which you participate in (such as running whether it be on a road, running trail, treadmill, walking, or horseback riding) can potentially be very challenging and thus lead to injury, illness, and discomfort and in some cases even death. Hence, it is vital that you consult with your primary physician before embarking on any vigorous activities. Kittitas County Search and Rescue Volunteers are not health care providers and therefore we cannot advise you on your ability to participate in any of our races.

I, as a participant in the Go the Distance Virtual Race, agree to accept all risks associated with running, walking, or riding during this distance challenge and hold Kittitas County Search and Rescue harmless of any liability in the event of any injury to yourself or OTHERS that are related to participating in this event, which may or may not lead to death to self or any participant under the age of 18, to who I registered for and bear total responsibility. I am aware of the risks involved in participating in any virtual races, which gives me or those that I sponsor, the ability to participate whenever, wherever, and however I choose. I state that I am of good physical health and conditioning and pose no danger to any other participants, due to any failing pre-existing medical conditions.

I will not hold Kittitas County Search and Rescue responsible or liable for my choice of race venue (whether for example it be on the road, trail, treadmill or walking) which may result in injury or death to self or damage to my personal property or someone else's property. In the event of injury, I agree to be responsible for any medical (example - hospitalization or ambulance services) or legal fees incurred in participating in the Go the Distance Virtual Race. Kittitas County Search and Rescue reserves the right to cancel any virtual races due to any acts of god (an act of god is a legal term for events outside human control, such as sudden natural disasters, for which no one can be held responsible).

Kittitas County Search and Rescue may make changes to its virtual race agreement and liability waivers at any time it deems necessary. It is the participant(s) responsibility prior to signing up for a race to thoroughly read the Go the Distance Virtual Race agreement and liability waiver regardless if the participant(s) read it for a prior race as changes may have been made.

By checking this box, I agree to the waiver above

Signature (parent/guardian if under 18): _____ Date: MM / DD / YYYY

**Upon receipt of registration you will receive information via email regarding mileage tracking using the Strava app and the Go the Distance private Facebook Page.

** At the end of the challenge there will be several dates for swag pickup using social distancing guidelines. As this is our inaugural event, there will be no mailing of swag unless previous arrangements are made. There will be several pick up locations including: Ellensburg, Cle Elum, Issaquah and Northeast Tacoma, WA.