

# Links and Bounds Fall Fun Run and Kid's Sprint at Gamble Sands Golf Course

October 27, 2018

Proceeds will be donated to the Okanogan Community Homeless Shelter



## EVENTS

9:45 am- Adult Fun Run/Walk (4.5 Miles)  
10:45 am- Kid's (12 and Under) 1 Mile Sprint  
11 am- Burger Bar Lunch Opens

## REGISTRATION

\$40 Cash or Check (Adult Race); \$25 Cash or Check (Kid's Sprint)  
Includes race, buffet lunch voucher, t-shirt, and finisher's award.  
Open: July 15 to October 27. Same day registration closes at 8 am.

## POST RACE

Lunch will be hosted by the Danny Boy Bar & Grill starting at 11 am. Race participants will receive a voucher with their bib. For any non-runners, lunch may be purchased for \$15 (13 and older) or \$10 (12 and under).

Participants, friends, and family are welcome to enjoy the amenities at Gamble Sands for the day. Two fire pits, a 20 person hot tub, and the Cascades Putting Course will be open for use free of charge.

On-Site Chair Massages & Full Body Massages by Southsound Treatment Massage  
15 min massage (\$20) or 25 min massage (\$30)

## TIME LIMIT

The course will be set up until 12 pm, allowing 2 hours to complete the course. Walkers and strollers are welcome to participate.

## LINKS & BOUNDS FUN RUN/KID'S SPRINT ENTRY FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_ Sex \_\_\_\_\_ Age on 10/27/18 \_\_\_\_\_

Entry Fee: \$ \_\_\_\_\_

Event: (circle one) 4.5 mi. or Kids Sprint  
One event per person.

T-Shirt Size: (circle one)

Adult: S M L XL XXL Youth: M L



## RESTRICTIONS

While we love dogs, they are prohibited at this event. Thank you for understanding.

Please return entry form with check or cash to:  
Gamble Sands Attn: Cathy Sabe, PO Box 858 Brewster, WA 98812

*Waiver of Liability:* In consideration of my entry being accepted, I waive any and all claims for myself, my administrators, and my heirs against all officials, sponsors, and organizations connected with the Links & Bounds Fun Run for injury or illness that may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event, and am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_