

JOIN US FOR OUR 38TH ANNUAL CHAMPIONSHIP CROSS COUNTRY MEET!

PNTF ASSOCIATION CHAMPIONSHIPS

Sunday, November 7, 2010 • "Upper" Lower Woodland Park, Seattle

This meet will be held on the 2000-meter loop at "upper" Lower Woodland Park, in north Seattle southwest of Green Lake. These are great spectator courses!



- 9:30 Community 4k..... two loops
- 10:00 Masters Men 6k Championship.....three loops
- Masters Women 6k Championship..... three loops
- 10:45 Open Women 6k Championship.....three loops
- 11:30 Open Men 10k Championship.....five loops

You must be a member of USATF or Athletics Canada to participate and earn prize money. Your team must be a USATF club member. If your USATF membership is processed within a week of race day, bring your e-mail receipt with your member number to the race as proof of membership. "Pending" is not acceptable. Community runners need not be members.

Entry fees payable to Club Northwest

	Championship Individuals	Open Teams*	Masters Teams**	Additional Team Runners	Community Runners
Prior to November 5	\$10	\$50	\$35	\$7	\$3
Late and on race day	\$15	\$75	\$50	\$10	\$5

*Open teams are up to eight (8) runners. **Masters teams are up to six (6) runners.

For this event, PNTF and Club Northwest will be offering a total of over \$2,000 in prize money for member individuals and teams in championship races, along with medals.

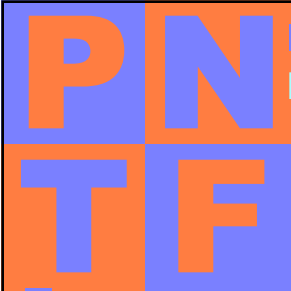
Register using the on-line instructions provided or the attached form. Day of event registration is available. For assistance with registration if you do not have computer access, call 206-729-9972 (ProMotion Events at the Club Northwest office in Seattle).

HOSTED BY CLUB NORTHWEST
INFORMATION ON THIS EVENT AT:



www.pntf.org
or www.clubnorthwest.org





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"Upper" Lower Woodland Park
Seattle, Washington*

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**MORE INFORMATION ON
THIS EVENT IS AT:**

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www.clubnorthwest.org**

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2010 ENTRY FORM

PLEASE PRINT

RACE NUMBER

I am entering the Community Masters Open race

LAST NAME _____ FIRST _____

Male

ADDRESS _____ Female

CITY / STATE / ZIP _____ S T Z I P C D

BIRTHDATE MMDDYY TEAM _____

E-MAIL _____

PHONE _____ Current USATF # _____

You will be entered in the age and gender division according to the information provided above unless you specifically are a masters runner wishing to enter the open race for team purposes and you check the appropriate box above. ENTRY NOT VALID WITHOUT CORRECT BIRTHDATE ! Non-refundable entry fees made payable to Club Northwest. Fee must accompany entry form. You may send entries along with entry fees to: ProMotion Events, P.O. Box 31789, Seattle, WA 98103-1789.

READ THIS!! In consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, and administrators, assume all risk of injury, harm, or damage to myself or others arising from my participation in the PNTF Cross Country Championships, and agree to indemnify and hold harmless any sponsor(s), their agent(s) and assign(s), Club Northwest, USA Track & Field, Pacific Northwest USATF, Seattle Parks and Recreation, Pro-Motion Events, Inc., and any and all persons or entities associated with this event, against any liability, actions, claims, and damages of any kind whatsoever arising from my participation. I attest and verify that I am physically fit, and have sufficiently trained for completion of the event and have full knowledge to all the foregoing. I grant my permission to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose. If I am under eighteen years of age, my parent/guardian must sign for me. I have read, understood, and accept the agreement above.

SIGNATURE

DATE

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