

THE ISSAQUAH PARKS AND RECREATION DEPARTMENT
INVITES YOU TO PARTICIPATE IN THE 2006



GLIDERS CROSS-COUNTRY MEET

SATURDAY, OCTOBER 13 AT LAKE SAMMAMISH STATE PARK

Individual ribbons: Awarded to the top 10 finishers in all age divisions. Participation ribbons awarded to all remaining finishers.

Team ribbons: Awarded to the top 3 teams in each age division, excluding the "open" division. (8 ribbons maximum per team.)

Course is flat and fast – combined grass, beach, and pavement.

**Course distances are approximate!

\$6.00 registration fee for all age groups. Registration opens at 9:30am and is ongoing throughout the meet. Guided course preview begins 9:45am for races up to 3K. 4K runners may preview the course during the event. Lake Sammamish State Park is family and spectator friendly. *Race participants receive a free lunch offer courtesy of the Issaquah Chipotle! Please see below.*

SCHEDULE OF DIVISIONS AND DISTANCE:

Race times may be adjusted by up to +/- fifteen minutes. Please plan accordingly.

(Age divisions/names are per USA Track and Field Association rules.)

6U "MiniBantam" born 2001+: ½ mile 10:30am

7/8 "SubBantam" born 1999/2000: 1 mile 10:45am

9/10 "Bantam" born 1997/98: 3K

1. **Girls:** 11:00am

2. **Boys:** 11:30am

11/12 "Midget" born 1995/96: 3K

1. **Girls:** 12:00pm (noon)

2. **Boys:** 12:30pm

13/14 "Youth" born 1993/94: 4K

1. **Girls:** 1:00pm

2. **Boys:** 1:30pm

15+ Open Male/Female (Born 1992 to adult): 4K: 2:00pm

Directions:

Interstate 90 **Exit #15** and follow signs to Lake Sammamish State Park. The park is on the north side of the freeway. Enter the Park and utilize the "Swim Beach" parking lot. **The race start/finish is on "Sunset Beach."** The Sunset Beach parking lot is closed to the public during the fall and winter months.

*In rainy-wet conditions prepare for damp course and possible standing water --so bring dry and sunny weather!

Questions may be directed to Joanne Hartman @ 425-392-8230

Email issgliders@comcast.net. Website address is www.thegliders.8k.com



Thanks to the generosity of the staff at the Issaquah *Chipotle Restaurant* all runners in the Oct 13 Gliders XC Meet get a free lunch! After your race wear your team colors into the Issaquah Chipotle Restaurant and be treated to a tasty and nutritious entree and beverage. *Thank you* to our friends at Chipotle!

(Must be wearing a team singlet/shirt or show a meet ribbon to confirm participation! Offer good day of race only.)

Address: 775 NW Gilman Blvd, adjacent to Blockbuster Video.

GLIDERS CROSS-COUNTRY MEET

REGISTRATION FORM

Saturday, October 13, 2007

Lake Sammamish State Park, Issaquah, WA 98027

City of Issaquah Parks and Recreation Department

PARTICIPANT'S NAME: _____

Circle One: MALE FEMALE Team Name or School Attending: _____

PARTICIPANT'S BIRTHDATE/GRADE LEVEL: _____

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(Age divisions/names are per USA Track and Field Association rules.)

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7/8 "SubBantam" born 1999/00: 1 mile 10:45am

9/10 "Bantam" born 1997/98: 3K

3. Girls: 11:00am

4. Boys: 11:30am

11/12 "Midget" born 1995/96: 3K

3. Girls: 12:00pm

4. Boys: 12:30pm

13/14 "Youth" born 1993/1994: 4K

3. Girls: 1:00pm

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ADDRESS: _____

CITY / STATE / ZIP CODE: _____

EMERGENCY CONTACT / PHONE #: _____

Fee: \$6.00/entrant payable to *City of Issaquah*

PARTICIPANT RELEASE OF LIABILITY—I am fully aware of the special dangers and risks inherent in the activities and classes that I have signed up for through the City of Issaquah's Parks and Recreation programs for myself and/or my child (ren), including physical injury, loss, death, damage, or other consequences that may arise or result directly from the activity or class in which I and/or my child (ren) may participate. Being fully aware as to these inherent risks and in consideration of the privilege of participating in general use of the Community Center or other site utilized by Parks and Recreation programs and classes I and/or my child (ren) may attend, I hereby assume all risk of liability for injury, loss, death, damage, or other consequences. I also forever discharge and waive any right of recovery from, or to bring suit against, the City of Issaquah and their responsive officers, officials, employees and volunteers, holding them harmless from any and all claims for any personal injury, loss, death, damage, or other consequences to myself and/or my child (ren) arising out of my and/or my child (ren)'s voluntary participation in an activity or class through the City of Issaquah's Parks and Recreation programs, except for injuries and damages caused by the sole negligence of the City of Issaquah.

PHOTO/VIDEO RELEASE: I, the undersigned participant and/or parent or guardian of the minor participants, give my permission to have photos/video tapes taken, without recompense, during City of Issaquah activities and used for publicity purposes.

Signature of participant (18 years and older) or parent

Date

October 2007