

# JOIN US FOR THE 36TH ANNUAL CHAMPIONSHIP CROSS COUNTRY MEET!

## PNTF ASSOCIATION CHAMPIONSHIPS

Sunday, November 2, 2008 • "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

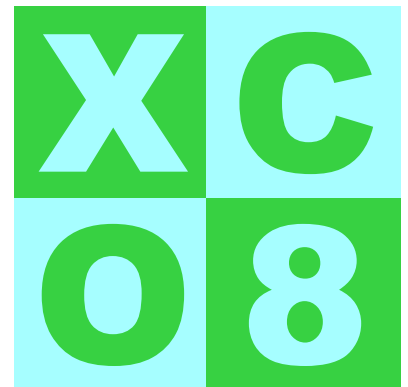
*You must be a member of USATF or Athletics Canada to participate and earn prize money. Your team must be a USATF club member. If your USATF membership is processed within a week of race day, bring your e-mail receipt with your member number to the race as proof of membership. "Pending" is not acceptable.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

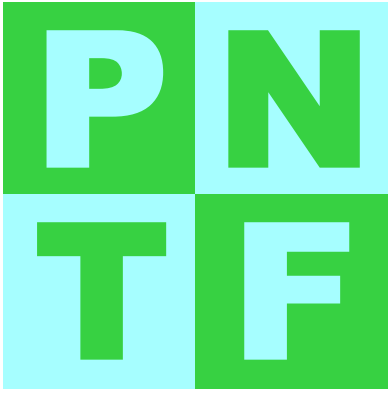
*Entry fees for the event are \$12 per individual or member of an incomplete team . Complete teams for open men and women are \$50 for the first eight (8) runners, and \$8 thereafter per additional runner. Complete teams for masters men and women are \$35 for the first six (6) runners, and \$8 thereafter per additional runner. The community event is a fun run, \$3 fee.*

*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).*

**INFORMATION ON THIS EVENT AT:**  
**[www.pntf.org](http://www.pntf.org)**  
**or [www.clubnorthwest.org](http://www.clubnorthwest.org)**





# ENTRY FORM FOR THE 36TH ANNUAL CHAMPIONSHIP CROSS COUNTRY MEET

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ENTRY FORM

PLEASE PRINT

RACE NUMBER

FIRST, LAST NAME \_\_\_\_\_

Male  
 Female

ADDRESS \_\_\_\_\_

CITY / STATE / ZIP \_\_\_\_\_ S T Z I P C D

BIRTHDATE MMDDYY TEAM \_\_\_\_\_

E-MAIL \_\_\_\_\_

PHONE \_\_\_\_\_ 2008 USATF # \_\_\_\_\_

I am entering the  Open  Masters race

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 also 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 2008 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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