



# JOIN US FOR OUR 37TH ANNUAL CHAMPIONSHIP CROSS COUNTRY MEET!

## PNTF ASSOCIATION CHAMPIONSHIPS

Sunday, November 8, 2009 • "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](http://www.pntf.org)

or [www.clubnorthwest.org](http://www.clubnorthwest.org)

