



City of Issaquah Parks and Recreation Department

GLIDER - MILER

Early Season One Mile Time Trial!

Date: **Sunday**, September 29, 2013

Where: Tibbetts Valley Park, 965 – 12th Ave. NW, Issaquah, 98027. From I-90: Exit 15, SR-900. Proceed south to Newport Way. Turn left. Tibbett's Valley Park will be on the south side of the street. Overflow parking available at the Park n Ride adjacent to the park.

Registration: Registration begins at NOON and will remain open throughout the Meet. Please register a minimum of 30 minutes prior to the start of your race.

- Entry fee **\$1.00** per Little Tyke or Preschool Participant in the Kids Dash
- Entry fee **\$5.00** per runner in all other age divisions
- Please make checks payable to **City of Issaquah**

There will not be an official course preview. There will be race rabbits and sweepers for the 6U 1/2 mile and the 7/8 girls mile and 7/8 boys mile. Other runners may preview the course during the meet.

Awards:

- Individual: 1st - 10th Place Ribbons. Participation ribbons for remaining participants.
- Team: Team scores will not be tabulated for this meet; however any team with 3 or more runners in the same race will be awarded a team participation ribbon and a treat!

Age Divisions determined by USATF and classified by birth year:

Kids Dash: Preschool / Little Tykes

6U Division = 2007 and younger

7/8 Division = 2005-2006

9/10 Division = 2003-2004

11/12 Division = 2001-2002

13/14 Division = 1999-2000

15+ Open = 1997-1998 - adults

Name: _____ Age on 12/31/13: _____ So My Division Is _____

Address: _____ City: _____

Phone: _____ Team or UA: _____

Please check one of the following: Race distances are approximate and may be +/- depending on race day conditions. Any child under 5 years can choose either the Kids Dash or the 6U 1/2mile.

___ 12:50pm Little Tykes/Preschool Kids Dash (100yds)

___ 2:30pm 11/12 G - 1 mile (born 2001/2002)

___ 1:00pm 6U G & B - 1/2 mile (born 2007 or younger)

___ 2:45pm 11/12 B - 1 mile (born 2001/2002)

___ 1:15pm 7/8 G - 1 mile (born 2005 / 2006)

___ 3:00pm 13/14 G* - 1 mile (born 1999/2000)

___ 1:35pm 7/8 B - 1 mile (born 2005 / 2006)

___ 3:15pm 13/14 B* - 1 mile (born 1999/2000)

___ 1:55pm 9/10 G - 1 mile (born 2003 / 2004)

___ 3:30pm 15 + Open** - 1 mile (1998 -adult)

___ 2:15pm 9/10 B - 1 mile (born 2003/ 2004)

* 13/14 G & B may be combined. 13/14B should be ready to potentially race at 3:00pm.

** If 13/14 races are combined then the Open race will run at 3:15pm..

Please read and sign:

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 & 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 sites utilized by Parks & 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 & 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 in printed or web format.

Participant signature or parent/guardian signature if under age 18

Date

GLIDER MILER at Tibbett's Valley Park, 9/29/2013

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