



City of Issaquah Parks and Recreation Department

GLIDER - MILER

Early Season One Mile Time Trial!

Date: Saturday, September 27, 2014

Where: Central Park, 1907 Park Dr NE Issaquah, WA 98029. **From I-90:** Exit 18, Highlands Drive. Proceed on Highlands Dr - up the hill. Turn right on NE Federal Drive and right again on NE Park Dr. Central Park entrance is located just after Grand Ridge Elementary School, approx 0.8miles on NE Park Drive. Look for signs to race location. **Course Description:** combination of grass, sidewalk, paved trail, and gravel trail. Shoes with spikes are not recommended.

Registration: Registration begins at 9:30am 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** for Kid's Cross 150
- Entry fee **\$5.00** per runner in all other age groups
- Please make checks payable to **City of Issaquah**

There will be a course preview at 10:00am. There will be a race rabbits and sweepers for the 6U 1/2 mile and the 7/8 girls mile and 7/8 boys mile.

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:

- Kid's Cross 150: 4years and under
- 6U Division = 2008 and younger
- 7/8 Division = 2006-2007
- 9/10 Division = 2004-2005
- 11/12 Division = 2002-2003
- 13/14 Division = 2000-2001
- 15+ Open = 1998-1999 - adults

Name: _____ Age on 12/31/14: _____ 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.

- | | |
|---|--|
| <input type="checkbox"/> 10:45am Kid's Cross 150 (4years and younger) | <input type="checkbox"/> 12:45pm 11/12 G - 1 mile (born 2002/2003) |
| <input type="checkbox"/> 11:00am 6U G & B - 900meter (born 2008 or younger) | <input type="checkbox"/> 1:00pm 11/12 B - 1 mile (born 2002/2003) |
| <input type="checkbox"/> 11:15 7/8 G - 1 mile (born 2006/ 2007) | <input type="checkbox"/> 1:15pm 13/14 G* - 1 mile (born 2000/2001) |
| <input type="checkbox"/> 11:40am 7/8 B - 1 mile (born 2006 / 2007) | <input type="checkbox"/> 1:30pm 13/14 B* - 1 mile (born 2000/2001) |
| <input type="checkbox"/> 12:00pm 9/10 G - 1 mile (born 2004 / 2005) | <input type="checkbox"/> 1:45pm 15 + Open** - 1 mile (1999 -adult) |
| <input type="checkbox"/> 12:20pm 9/10 B - 1 mile (born 2004/ 2005) | |

* 13/14 G & B may be combined. 13/14B should be ready to potentially race at 1:30pm
 ** If 13/14 races are combined then the Open race will run at 1:45pm

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 Central Park, 9/27/2014

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