



GLIDER - MILER

City of Issaquah Parks and Recreation Department

Early Season One Mile Time Trial!

Date: Sunday, September 27th, 2015

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 turn 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 12:00pm 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 runner in the Kids Cross
- Entry fee **\$4.00** per runner in the Kindergarten 900m
- Entry fee **\$5.00** per runner in all other grade level races
- 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 Kindergarten 900m and the Grades 1/2 girls mile, and Grades 1/2 boys mile. Other runners may preview the course during the meet.

Awards:

- Lollipop for every Competitor!
- Individual: 1st - 10th Place Ribbons.
- Participation ribbons for remaining competitors.
- 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 ribbon.

Name: _____ Grade Level: _____

Address: _____ City: _____

Phone: _____ Team or UA: _____

Please check one of the following: Race distances are approximate and may be +/- depending on race day conditions.

- 12:50pm Kids Cross (150yds) For Little Tikes and Preschool
- 1:00pm Kindergarten (& Younger) Girls and Boys @ 900m
- 1:15pm Girls 1st & 2nd Grade @ 1 mile
- 1:35pm Boys 1st & 2nd Grade @ 1 mile
- 1:55pm Girls 3rd & 4th Grade @ 1 Mile
- 2:10pm Boys 3rd & 4th Grade @ 1 Mile

Preschool age runners may choose between the Kids Cross 150 or the Kindergarten 900m

- 2:30pm Girls 5th & 6th Grade @ 1 Mile
- 2:45pm Boys 5th & 6th Grade @ 1 Mile
- 3:00 pm Boys and Girls 7th & 8th Grade @ 1 Mile
- 3:15pm HS & Open Division @ 1 Mile

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 9/27/15

Website:
www.issaquahwa.gov/gliders
Email: issgliders@comcast.net

Central Park

“Glider Miler” Course

Address:

1907 Park Dr. NE

Issaquah, WA 98029

