

SEAHAWK



TURKEY TROT

November 19, 2011

5K Fun Run/Walk

Benefiting the Anacortes Cross Country Team

10% of all registration earnings will be given to the Anacortes Parks Foundation

WASHINGTON PARK

Anacortes, WA

Saturday November 19, 2011

8:30-9:45 Registration

10:00 Fun Run/Walk Start

11:00 Results & Awards

REGISTRATION DETAILS:

**Registration will be in the Washington Park Playground Area at the "ANACORTES SEAHAWKS" tent. We encourage participants to carpool and park in designated spaces only.

\$5.00 per person (ages 5 and under free)

\$10.00 race shirt (sold separately)

**There are a limited number of race shirts available

**Cash and Checks will be accepted

(please make payable to: SABA XC)

COURSE DESCRIPTION:

A "lollipop" style run on the Loop Road at Washington Park. Running out to the view point near the Havekost Monument, continue down the hill until reaching the service road, turn left & run back in the opposite direction to the finish line.

Cones will be placed along the entire course; participants are expected to ALWAYS RUN ON THE RIGHT-HAND SIDE OF THE CONES. Please follow the signage when entering the park for specific parking areas.

Results will be posted online at: www.skagitrunners.org and www.athletic.net/CrossCountry/School.aspx?SchoolID=396

Registration/Release form—One form per person.

Race Directors: Case de Vries (casedevries46@yahoo.com), Chris Crane and Amy Heidecker

Name: _____ Phone #: _____

Address: _____

Email Address: _____

Participant Waiver:

I, the undersigned, agree not to hold the SABA Cross Country Club, their volunteers or anyone else associated with the race responsible for any accident, injury or loss of articles or equipment that might occur as a direct or indirect result of my or my child's participation in the SEAHAWK TURKEY TROT, except for the sole negligence of the SABA Cross Country Club. I further acknowledge that there are risks involved in any physical activity and I have considered my own physical condition when deciding to enter this event. I understand that there are no first aid stations on the course and I will hold my own exertion to a safe limit within my own physical condition.

Participant's Signature (Parent or Guardian if under 18) _____ Date: _____