

# KLA HA YA DAYS



River Run  
& Kids Dash



**SATURDAY**  
**JULY 18, 2009 @ 8:00 A.M.**

**FOR MORE INFORMATION:**

Allister Brooks: 206-409-7489  
Dallas VanDyke: 425-501-7559

**MAIN IN REGISTRATION**

Kla Ha Ya Days River Run  
PO Box 571  
Snohomish WA 98291

**MAKE CHECKS PAYABLE TO:**

Kla Ha Ya Days River Run

**WEBSITE:**

www.klahayadays.com

**RACE DAY SCHEDULE**

8:00-8:30 Number Pickup & Registration  
Start Line 1st Street/Downtown Snohomish  
8:30 5 Mile Run Start  
8:35 1 Mile Race/Walk Start

**RUNS WILL START ON TIME SO BE PROMPT.**

10 a.m. (Appx) Kids Dash

**AWARDS**

1st thru 3rd overall and by division. All run participants eligible for random prize drawing. Must be present to win.

Kids Dash will NOT have division placing - all will receive prizes.

*Prizes/Awards at the finish area.*

**COURSE DESCRIPTION**

**5 Mile Run:** Starts at First Street and Avenue B and goes East down First Street, then heads East along the old Snohomish Monroe Hiway and then back to the finish line.

**1 Mile Run/Walk:** Starts at First Street and Avenue B goes East down First Street, then heads East along the old Snohomish Monroe Hiway to the one-half mile point and then returns.

*Both flat courses for personal best.*

**Aid & Water Stations** are located at the registration/finish area and on the course. Refreshments provided by TOP Foods. Times recorded & course measured by Race Directors.

**ACKNOWLEDGMENTS**

Snohomish Fire & Police Departments, Snohomish County Sheriff, our sponsors and our many volunteers!

**REGISTRATION DEADLINES**

Mail in entries must be received by July 14, 2008

Entries received by 7/10/08 will be guaranteed a T-shirt. After that T-shirts will be on an "As Available" basis.

*You can register in person on race day at the higher entry fees.*

**ENTRY FORM**  
**(ONE ENTRY FORM PER PERSON PLEASE)**

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

DAY PHONE: \_\_\_\_\_ EVE PHONE: \_\_\_\_\_

AGE as of 7/10/07:  3 & under DATE OF BIRTH: \_\_\_\_\_  
 4-5  9-10  15-19  30-39  50-59  70-75  
 6-8  14 & Under  20-29  40-49  60-69  75+

EVENT:  5 Mile  1 Mile  Kids Dash SEX:  M  F

ADULT T-SHIRT SIZE:  Small  Med  Large  X-Large  
CHILD T-SHIRT SIZE:  Small  Med  Large  X-Large

\$2 Kids Dash \_\_\_\_\_

\$30 Family Rate (Up to 2 adults & 4 children) NO T-Shirt \_\_\_\_\_  
Please do separate entry for each

\$20 5 Mile Pre-Registration Includes T-Shirt \_\_\_\_\_

\$14 5 Mile Pre-Registration NO T-Shirt \_\_\_\_\_

\$24 5-Mile Day of race Includes T-Shirt \_\_\_\_\_

\$16 5 Mile Day of race NO T-Shirt \_\_\_\_\_

\$15 1 Mile Pre-Registration Includes T-Shirt \_\_\_\_\_

\$10 1 Mile Pre-Registration NO T-Shirt \_\_\_\_\_

\$19 1 Mile Day of race Includes T-shirt \_\_\_\_\_

\$14 1 Mile Day of race NO T-shirt \_\_\_\_\_

\$8 T-Shirt only \_\_\_\_\_

TOTAL ENCLOSED: \_\_\_\_\_

**READ THIS BEFORE SIGNING!**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high humidity, traffic and the conditions of the road. Having read this waiver and knowing these facts, I, myself, and anyone entitled to act on my behalf, waive and release the City of Snohomish, Snohomish County, Snohomish Fitness Center, Kla Ha Ya Days Festivals Inc., Committees, Race Directors and all other sponsors, individuals and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation even though said liability may arise out of negligence or carelessness on the part of the other persons named in this waiver. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Parent or other legal guardian must sign if athlete is under 18; this is to certify that my child has permission to compete in this event, is in good physical condition and that event officials may authorize necessary emergency treatment. **NO ENTRY WITHOUT VALID SIGNATURE.**

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN IF PARTICIPANT IS UNDER 18 YEARS OF AGE \_\_\_\_\_ DATE \_\_\_\_\_