

Kla Ha Ya Days River Run & Kids Dash



SATURDAY

JULY 23, 2011 @ 8:30 AM

THANK YOU AND PLEASE SUPPORT OUR
GENEROUS RACE SPONSORS!



INTEGRATED REHABILITATION GROUP
Physical and Hand Therapy Services
www.irtg.com
SNOHOMISH PHYSICAL THERAPY



Dr. Rutherford, DDS



Bill Holt



Race Day Schedule

- 8:00-8:30 AM Number Pickup & Registration
Start Line 1st Street, Downtown Snohomish
- 8:30 AM Five Mile Run Start
- 8:35 AM One Mile Run/Walk Start
- 10:00 AM Kids Dash

Please be prompt – Races will start on time!

Awards

1st through 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 1st Street and Cedar and goes east down 1st Street, then heads east along the Old Snohomish-Monroe Highway and back to the finish line.

1 Mile Run/Walk: Starts at 1st Street and Cedar, goes east down 1st Street, heads east along the Old Snohomish-Monroe Highway to the one-half mile point and then returns.

Aid & Water Stations are located at the registration/finish area and on the course.

Registration

We are on **active.com**

Pre-registration Deadline: July 14, 2011.

Pre-registered participants are guaranteed a T-shirt.

Additional T-shirts MAY be available on Race Day.

Make checks payable to: Kla Ha Ya Days River Run.

We CAN honor your VISA or MasterCard; just include a

note with the name on the account, account number and expiration date.

Mail application to:

For More Information:

Kla Ha Ya Days River Run

David LeWarne

PO Box 571

360-563-4329

Snohomish, WA 98291-0571

run@klahayadays.com

Day of Race Registration is available

Acknowledgements

Snohomish High School Cross Country Team

Snohomish Fire & Police Departments

Snohomish County Sheriff

www.klahayadays.com

ENTRYFORM

(One Entry Form per Person, Please)

Name: _____

Mailing Address: _____

Day Phone: _____ Eve. Phone: _____

Date of Birth: _____ Email: _____

Age as of 7/23/11:

- | | |
|------------------------------------|--------------------------------|
| <input type="checkbox"/> 3 & under | <input type="checkbox"/> 20-29 |
| <input type="checkbox"/> 4-5 | <input type="checkbox"/> 30-39 |
| <input type="checkbox"/> 6-8 | <input type="checkbox"/> 40-49 |
| <input type="checkbox"/> 9-11 | <input type="checkbox"/> 50-59 |
| <input type="checkbox"/> 12-14 | <input type="checkbox"/> 60-69 |
| <input type="checkbox"/> 15-19 | <input type="checkbox"/> 70-74 |
| | <input type="checkbox"/> 75+ |
- Snohomish H.S. Alum;

Class: _____

Event:

- 5 Mile 1 Mile Kids Dash

Sex:

- Male Female

Adult T-Shirt Size:

- Small Medium Large X-Large

Child T-Shirt Size:

- Small (4-6) Medium (8-10) Large (14-16) X-Large (18-20)

Entry Fee:

\$20.00 Adult (age 20 and above)

\$10.00 Child (age 19 and below)

Amount Enclosed: \$ _____

Please 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, 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 _____