



PRESENTED BY

Go Run!

I.S.L.A.N.D. Fitness

BAINBRIDGE **PERFORMING ARTS**

DATE & TIME

Saturday, December 12, 2009.
 9:00am 1 Mile Fun Run/Walk starts
 9:30am 5k Race starts
 10:30am Kids' Dashes start

PRE-REGISTRATION Postmarked by Nov 30.

Make checks payable to **Go Run**. Mail or drop off your completed registration form and check to Island Fitness, 190 Madison Ave., Bainbridge Island WA 98110.

Fees: 1 Mile or 5k \$15
 Kids' Dashes \$5 Family Entry \$60

Pre-registered race packets will be available at race check-in at Bainbridge Performing Arts (BPA) beginning 8:00am. *Please note that all fees are non-refundable.*

DAY OF RACE

Check in at BPA beginning at 8:00am.
 Fees: 1 Mile or 5k \$20
 Kids' Dashes \$5

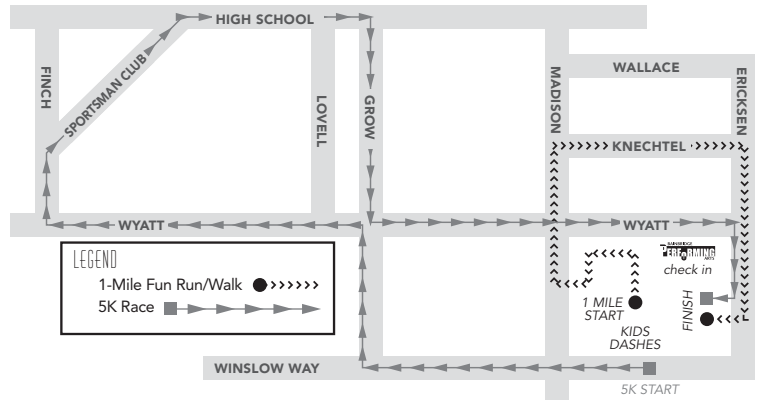
AWARDS

Overall male and female winners of each race will receive awards. Awards will be given 3 deep in each age group. There will also be random prizes given away during the awards ceremony.

QUESTIONS?

Contact Heidi Washenberger at Go Run! (206)855-8685 or Island Fitness (206)842-5720. Additional entry forms, maps and information may also be downloaded from www.island-fitness.com.

COURSE MAP



ENTRY FORM MUST BE POSTMARKED BY NOVEMBER 30, 2009 FOR PRE-REGISTRATION DISCOUNT.

ONE FORM PER PERSON. PLEASE PRINT.

LAST NAME FIRST NAME INITIAL

ADDRESS

CITY..... STATEZIP

TELEPHONE EMAIL

AGE (on day of race) MALE FEMALE

PLEASE CHECK THE APPROPRIATE AGE BOX FOR EVENT YOU ARE ENTERING

- 5 K**
- 14 & under 30 - 39 60 - 69
 - 15 - 18 40 - 49 70 - 79
 - 19 - 29 50 - 59 80 & over

- 1 MILE**
- 6 & under 16 - 18 50 - 59
 - 7 - 9 19 - 29 60 - 69
 - 10 - 12 30 - 39 70 - 79
 - 13 - 15 40 - 49 80 & over

- KIDS' DASHES**
- 4 & under
 - 5 & 6 yr olds
 - 7 & 8 yr olds

FEES

1 Mile \$15 / DOR \$20
 5k \$15 / DOR \$20
 Kids' Dashes \$5 / DOR \$5
 Family Entry \$60 / DOR n/a

Make checks payable to **Go Run!**

RACE FEE postmarked by 11/30/09 \$

RACE FEE postmarked after 11/30/09 \$

TAX-DEDUCTIBLE CHARITABLE CONTRIBUTION TO **GO RUN!** \$

TOTAL AMOUNT ENCLOSED \$

WAIVER RELEASE: By signing below, I hereby certify the following: (1) I am medically able and properly trained to participate in the Solstice Run/1-mile Fun Walk/Run and/or Kids' Dashes; (2) I further agree in the event of an injury or accident that event officials may authorize necessary treatment for me (3) I further grant Go Run! and Island Fitness specific permission to reproduce, publish, circulate, copyright, or otherwise use any and all photographs and/or videotape of me and/or my family, taken at the event; and (4) Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry into this event, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive, release and discharge all subsidiaries, affiliates, assigns, representatives and successors of the foregoing: Go Run!, Island Health and Fitness, and all event sponsors, suppliers, agents, independent contractors, employees and any other personnel in any way assisting or connected with the Solstice Run/1-mile Fun Walk/Run & Kids Dashes from any and all claims of liability of any kind whatsoever.

SIGNATURE DATE