



CASCADE STRIDERS 2010

Flying Feet Cross Country Invitational



www.cascadestridders.com

Event is sanctioned by USA Track and Field

- When** Saturday, September 25, 2010
- Where** Wilburton Hill Park, Main St & 124th Ave NE, Bellevue, WA
 Driving Directions: From North or South on I-405 take the NE 8th St EAST exit. Go east for ~ ½ mile to 124th Ave NE. Go right on 124th (south) for ~ ½ mile to park entrance on Main St.
- Registration** \$7.00 entry fee all age groups. Registration begins at 9:00 a.m.
- Awards** *Individual:* Medals for 1st, 2nd & 3rd place, ribbons for 4th through 8th place and participation ribbons in all age groups.
Team: Awards for 1st through 3rd teams in all races.
 (Minimum 3 athletes from same team to qualify for team awards.)

Questions? Meet director: Debbie Phillips (425) 345-5505 or president@cascadestridders.com

Name: _____ Birth Date: _____ Sex: M / F

Address: _____

City: _____ Zip: _____

Phone: _____ Club / Team: _____

Please check one of the following (your age group is your age as of 12/31/10).

Course Walkthrough at 10:00 am

___ 11:00 6 & Under	800 meters	___ 1:00 11 & 12 boys	3000 meters
___ 11:15 7 & 8	1500 meters	___ 1:30 13 & 14 girls	4000 meters
___ 11:30 9 & 10 girls	3000 meters	___ 2:00 13 & 14 boys	4000 meters
___ 12:00 9 & 10 boys	3000 meters	___ 2:30 15 –18, OPEN	4000 meters
___ 12:30 11 & 12 girls	3000 meters		

Waiver and Release

I release the Cascade Striders, Bellevue Parks & Community Services, and the USATF, and their respective members, officers, representatives, and any sponsor or volunteer from any claim for injuries that may occur as a result of my participation in this event. I attest that I am in proper physical condition to compete in the event and am aware of the risks of cross country running competition.

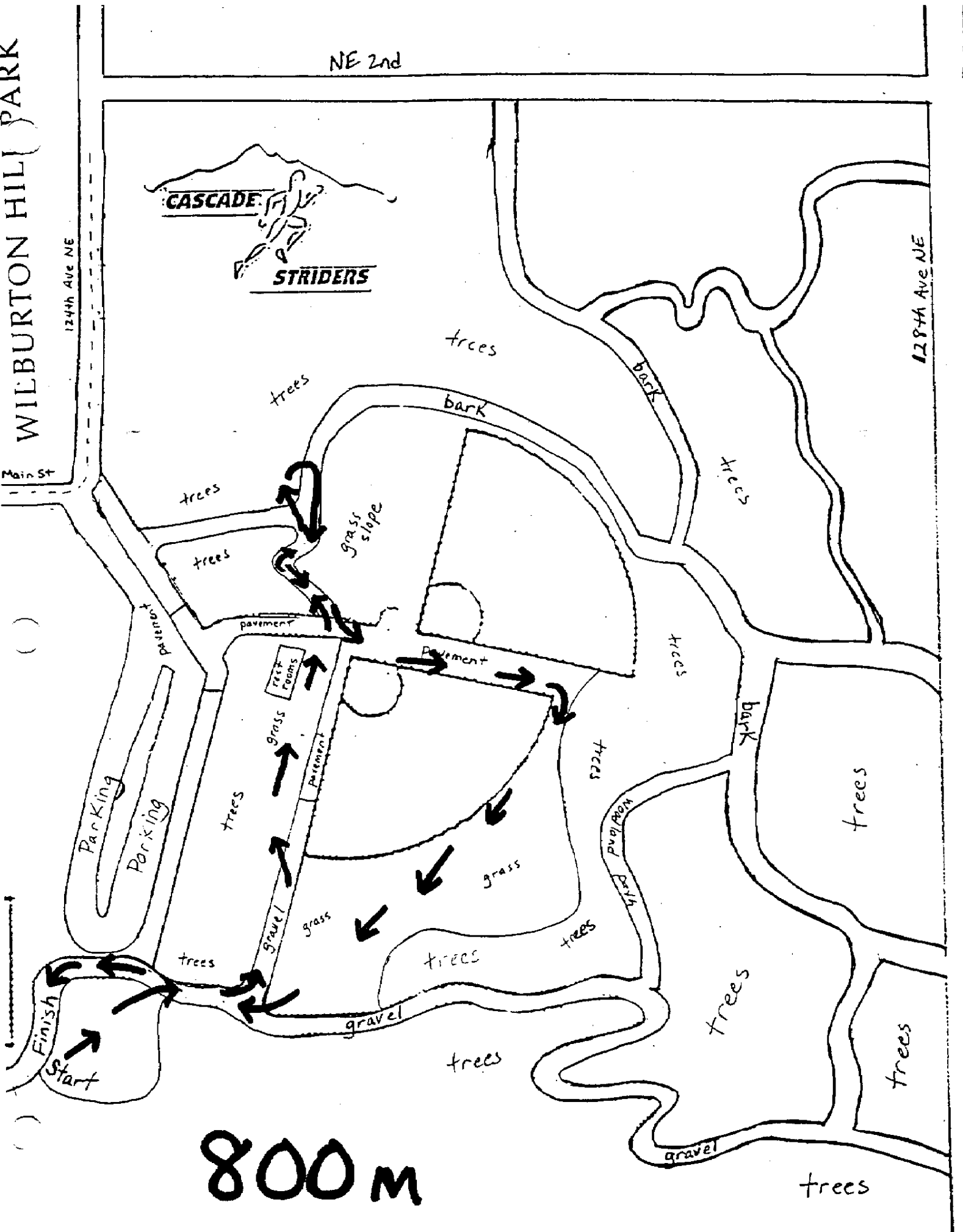
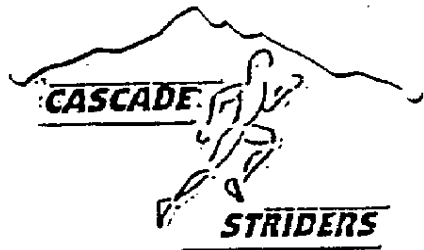
Participant Signature (Parent/Guardian/Coach if under 18)

WILBURTON HILL PARK

124th Ave NE

NE 2nd

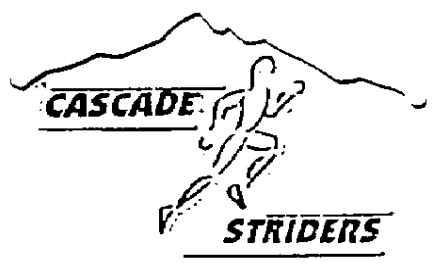
128th Ave NE



800m

WILBURTON HIL' PARK

NE 2nd



124th Ave NE

128th Ave NE

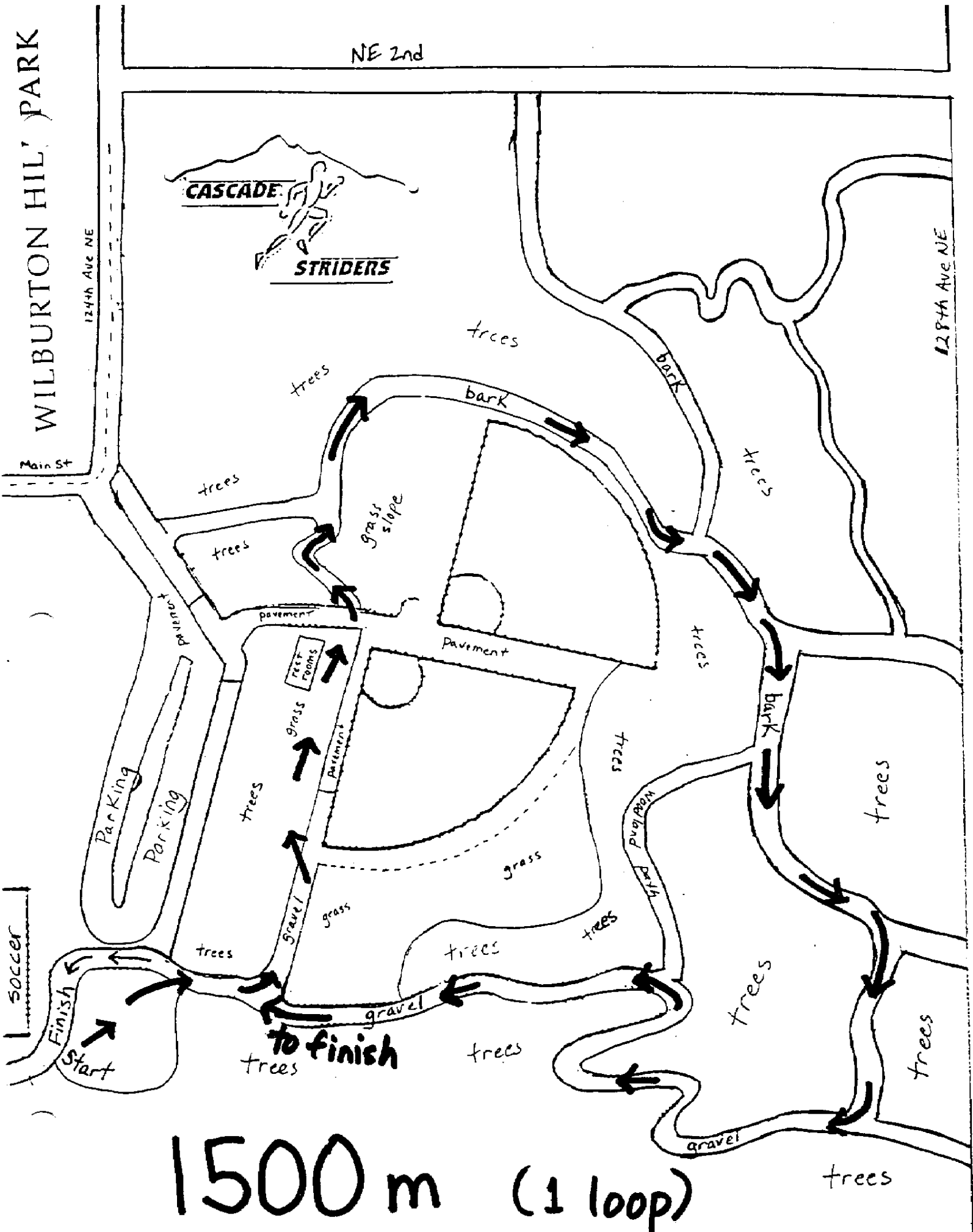
Main St

soccer

Finish Start

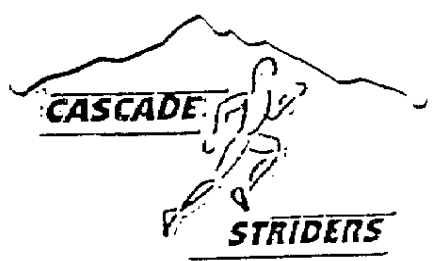
to finish

1500 m (1 loop)



WILBURTON HILL PARK

NE 2nd



124th Ave NE

128th Ave NE

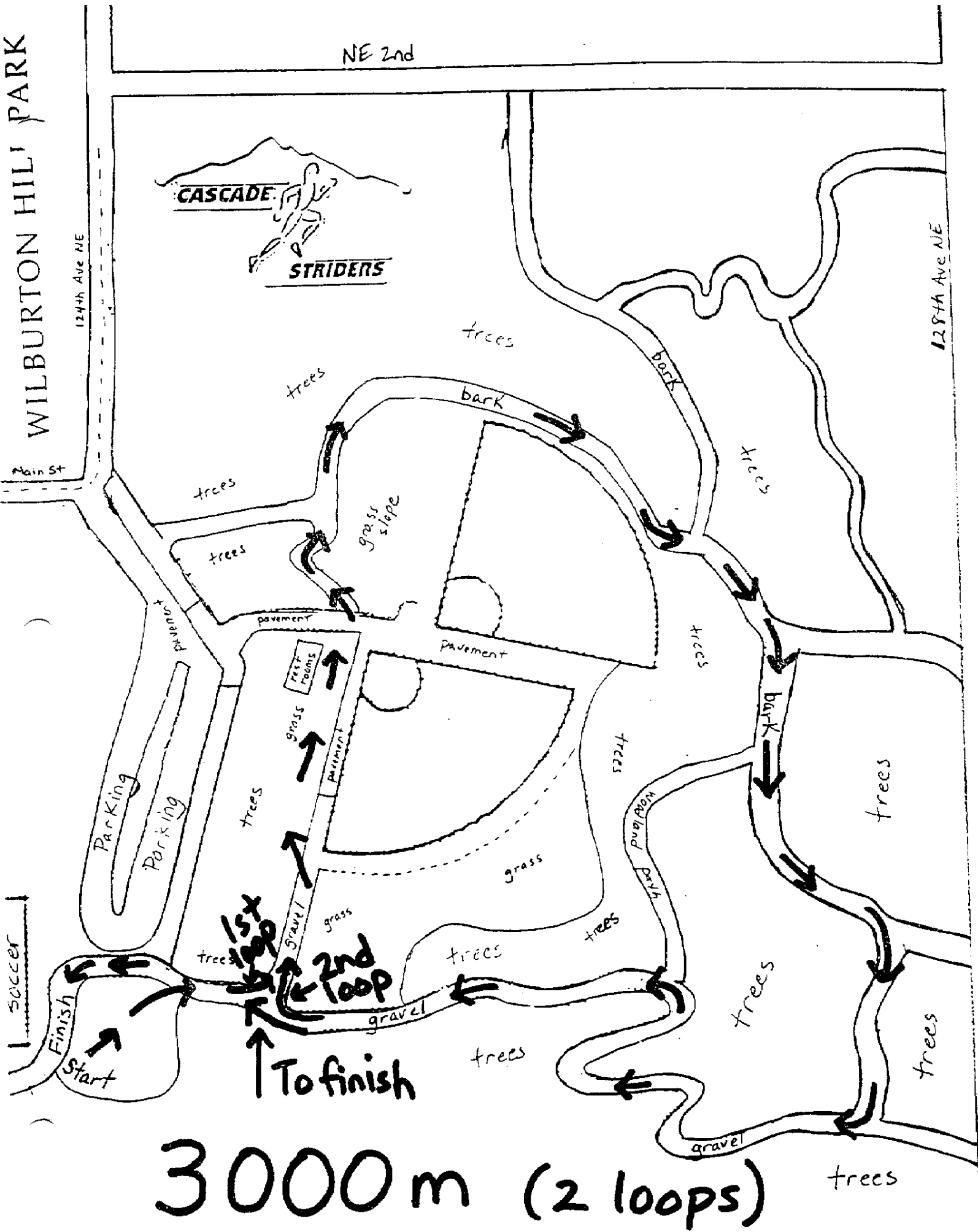
Main St

soccer

Finish Start

To finish

3000 m (2 loops)



WILBURTON HIL' PARK

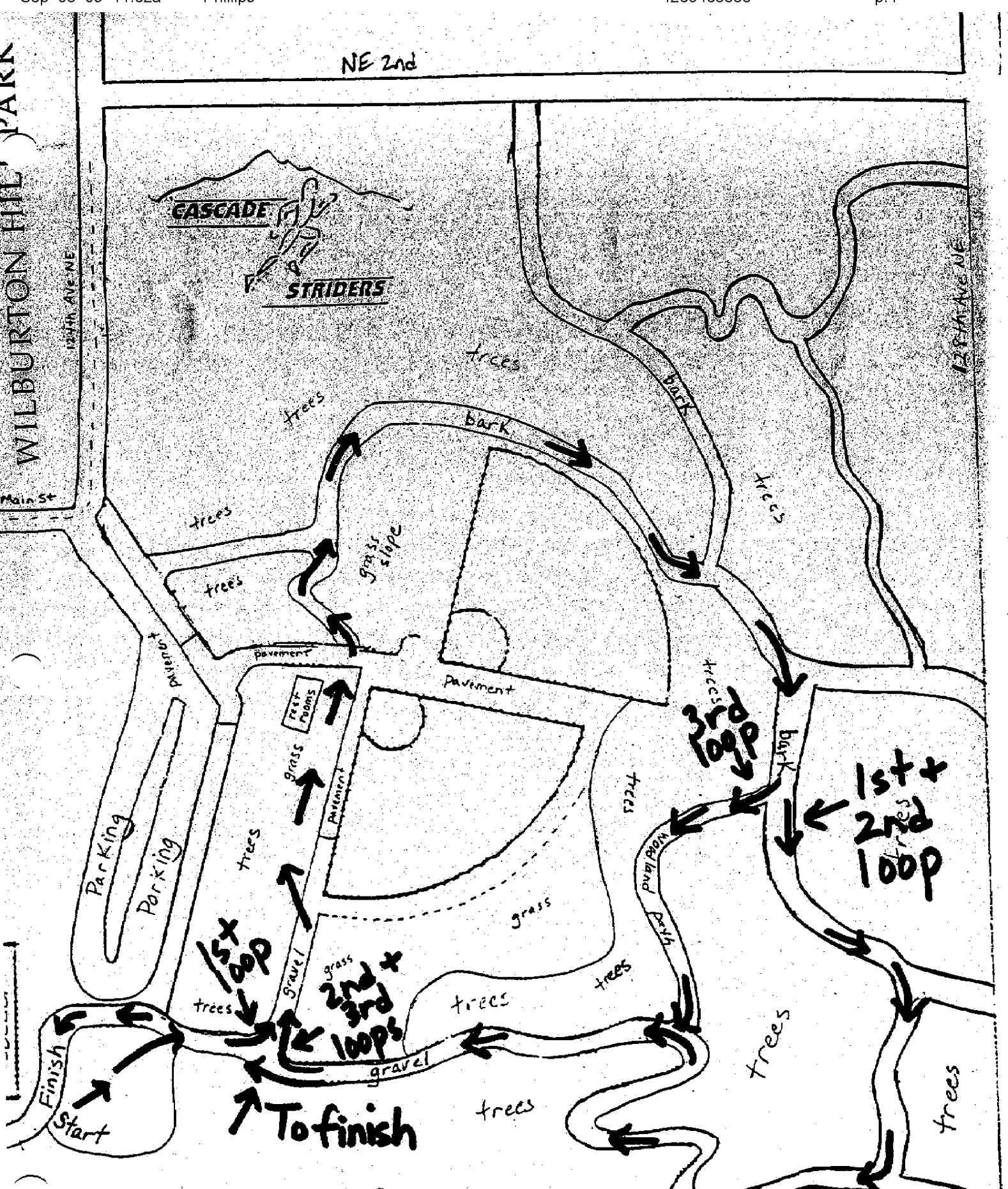
NE 2nd

CASCADE

STRIDERS

125th Ave NE
Main St

128th Ave NE



4000m (2 loops + 1 smaller loop)

trees