



# CASCADE STRIDERS 2014

## Flying Feet Cross Country Invitational

[www.cascadestridders.com](http://www.cascadestridders.com)

Event is sanctioned by USA Track and Field

When Saturday, October 11, 2014

Where Wilburton Hill Park, Main Street & 124<sup>th</sup> NE, Bellevue, WA

**Driving Directions:**

From North or South on I-405 take the NE 8<sup>th</sup> St EAST exit. Travel east for ~1/2 mile to 124<sup>th</sup> Ave NE, turn right on 124<sup>th</sup> (south) for ~ 1/2 mile to park entrance on Main St.

Registration \$7.00 entry fee for all age groups. Registration begins at 9:00 am.

Awards *Individual:* Medals for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place. Ribbons for 4<sup>th</sup> through 8<sup>th</sup> place and participation ribbons in all age groups.  
*Team:* Awards for 1<sup>st</sup> through 3<sup>rd</sup> teams in all races.  
(Minimum 3 athletes from same team to qualify for team awards.)

Questions *Meet Director: Stephanie Brunner 425-785-0924*  
[stephanie.brunner@me.com](mailto:stephanie.brunner@me.com)

Name \_\_\_\_\_ Gender: M / F Birth Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Club/Team \_\_\_\_\_

Please check one of the following. Your age group is your age as of 12/31/14.

### Course walk through at 10:00 am

_____	10:45	6 & under	800 m	_____	1:00	11 & 12 boys	3000 m
_____	11:00	7 & 8	2000 m	_____	1:30	13 & 14 girls	4000 m
_____	11:30	9 & 10 girls	3000 m	_____	2:00	13 & 14 boys	4000 m
_____	12:00	9 & 10 boys	3000 m	_____	2:30	15-18, OPEN	4000 m
_____	12:30	11 & 12 girls	3000 m				

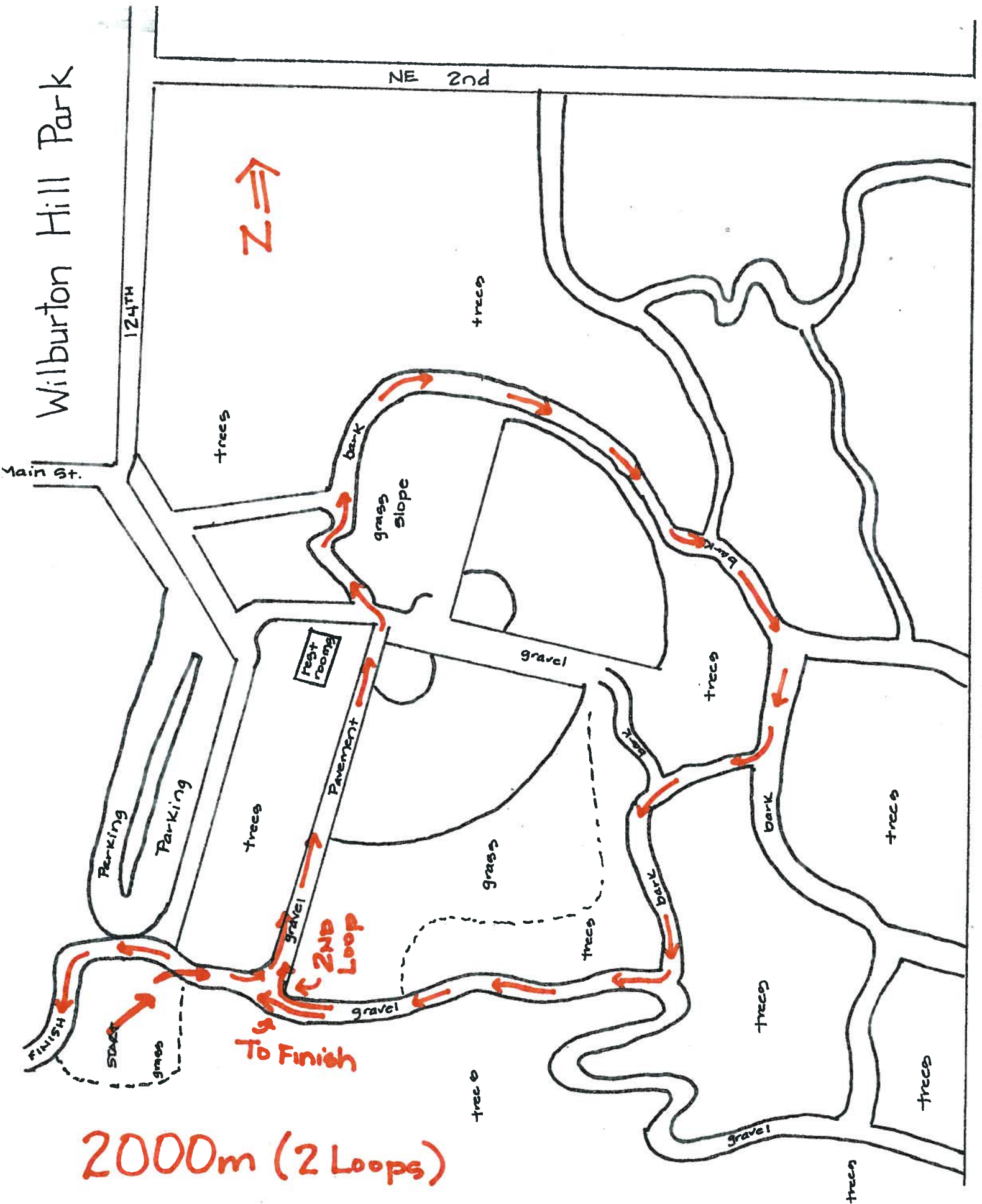
#### Waiver and Release

I release the Cascade Striders, Bellevue Parks and Community Services, and the USATF, and their respective members, officers, representative, 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.

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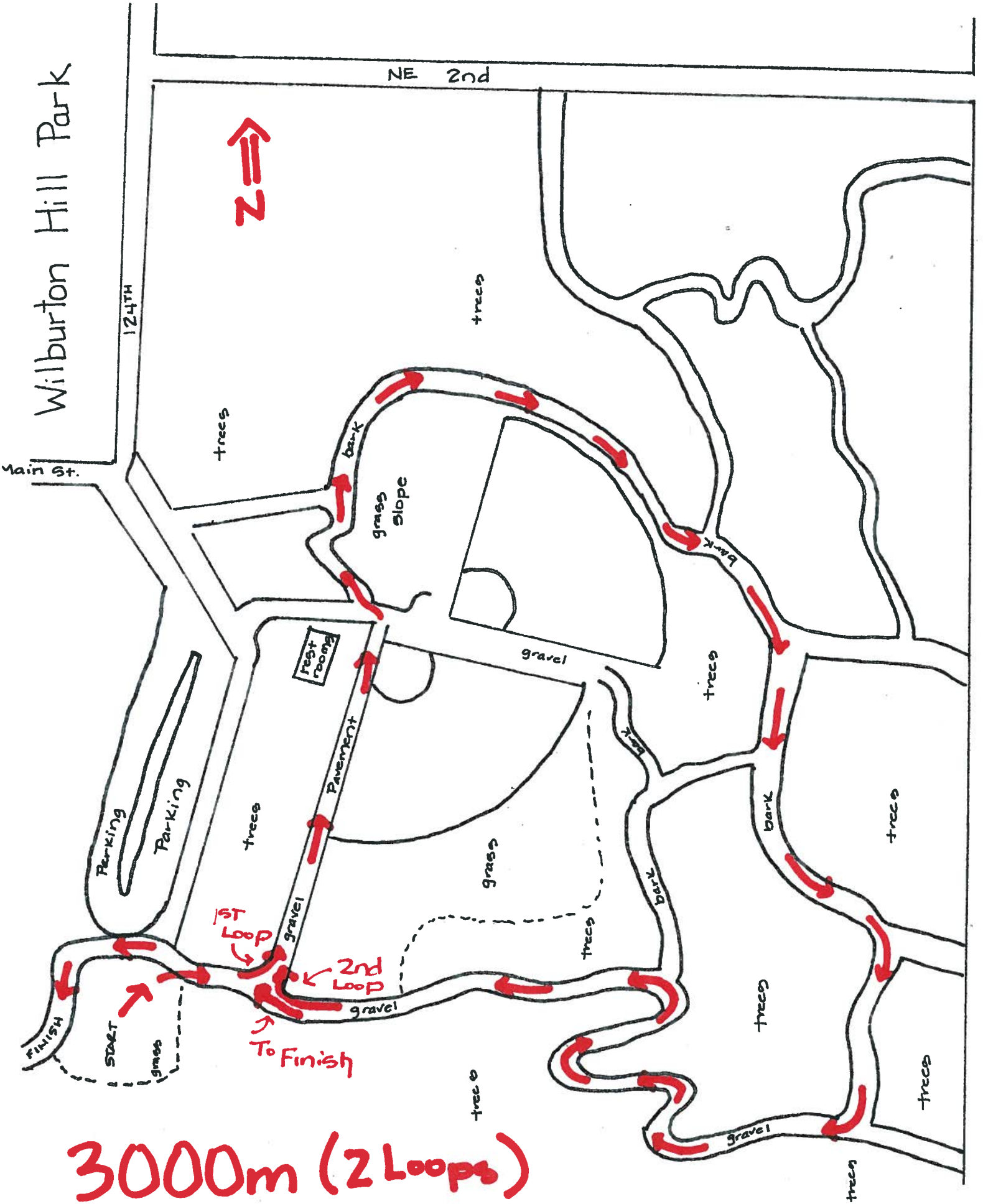
**Participant Signature (Parent/Guardian/Coach if under 18)**

# Wilburton Hill Park



2000m (2 Loops)

# Wilburton Hill Park



3000m (2 Loops)

# Wilburton Hill Park

NE 2nd

124TH

Main St.



trees

trees

bark

grass slope

gravel

Parking

Parking

trees

rest room

Pavement

grass

1st Loop

2nd Loop

3rd Loop

gravel

gravel

trees

trees

3rd Loop

1st & 2nd Loops

bark

trees

trees

gravel

trees

trees

tree

4000m (2 Large + 1 small Loops)

START

FINISH

To Finish

grass

