



2010 4TH ANNUAL FRED DEAN HARVEST RUN

DATE: SATURDAY, OCTOBER 23, 2010

LOCATION: **GENESEE PARK**
4316 S. GENESEE ST. SEATTLE, WA 98118

REGISTRATION: \$6.00 PER ATHLETE FOR ALL AGE GROUPS
REGISTRATION BEGINS AT 9:30AM
COURSE WALK-THROUGH BEGINS AT 10AM

AWARDS: INDIVIDUAL RIBBONS FOR 1ST-8TH PLACE
TEAM RIBBONS FOR 1ST-3RD TEAMS
(MUST HAVE 3 MEMBERS AND MAX OF 5 MEMBERS)
PARTICIPANT RIBBONS FOR ALL COMPETITORS

NAME/AGE/SEX: _____

ADDRESS:

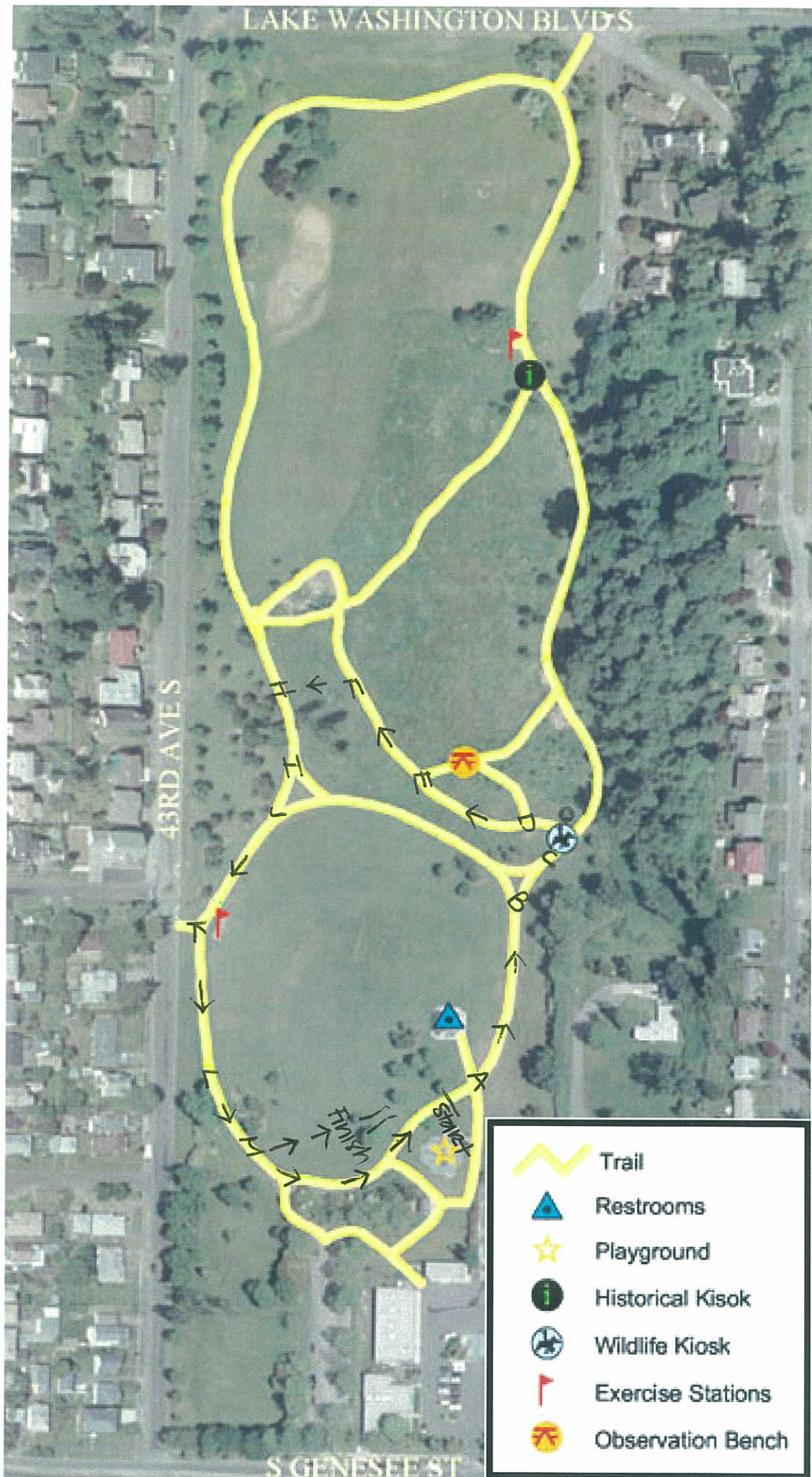
CLUB NAME: _____








AGE GROUPS: PLEASE CIRCLE ONE	10:30AM 6 & UNDER (800M)	12PM 11/12 GIRLS (3000M)
	10:45AM 8 & UNDER (1600M)	12:30PM 11/12 BOYS (3000M)
	11AM 9/10 GIRLS (3000M)	1PM 13/14 GIRLS (4000M)
	11:30PM 9/10 BOYS (3000M)	1:30PM 13/14 BOYS & OPEN (4000M)

PLEASE READ & SIGN: I RELEASE THE SCAA TRACK TEAM, THEIR CLUB MEMBERS, FOUNDATION BOARD MEMBERS AND SPONSORS OF THE SEATTLE PARKS DEPT. FROM ANY CLAIM FOR INJURIES THAT MAY OCCUR AS A RESULT OF PARTICIPATION IN THIS EVENT. I ATTEST THAT THE PARTICIPANT IS IN PROPER PHYSICAL CONDITION TO COMPETE IN THE EVENT AND I AM AWARE OF THE RISKS INVOLVED DURING CROSS COUNTRY COMPETITION.

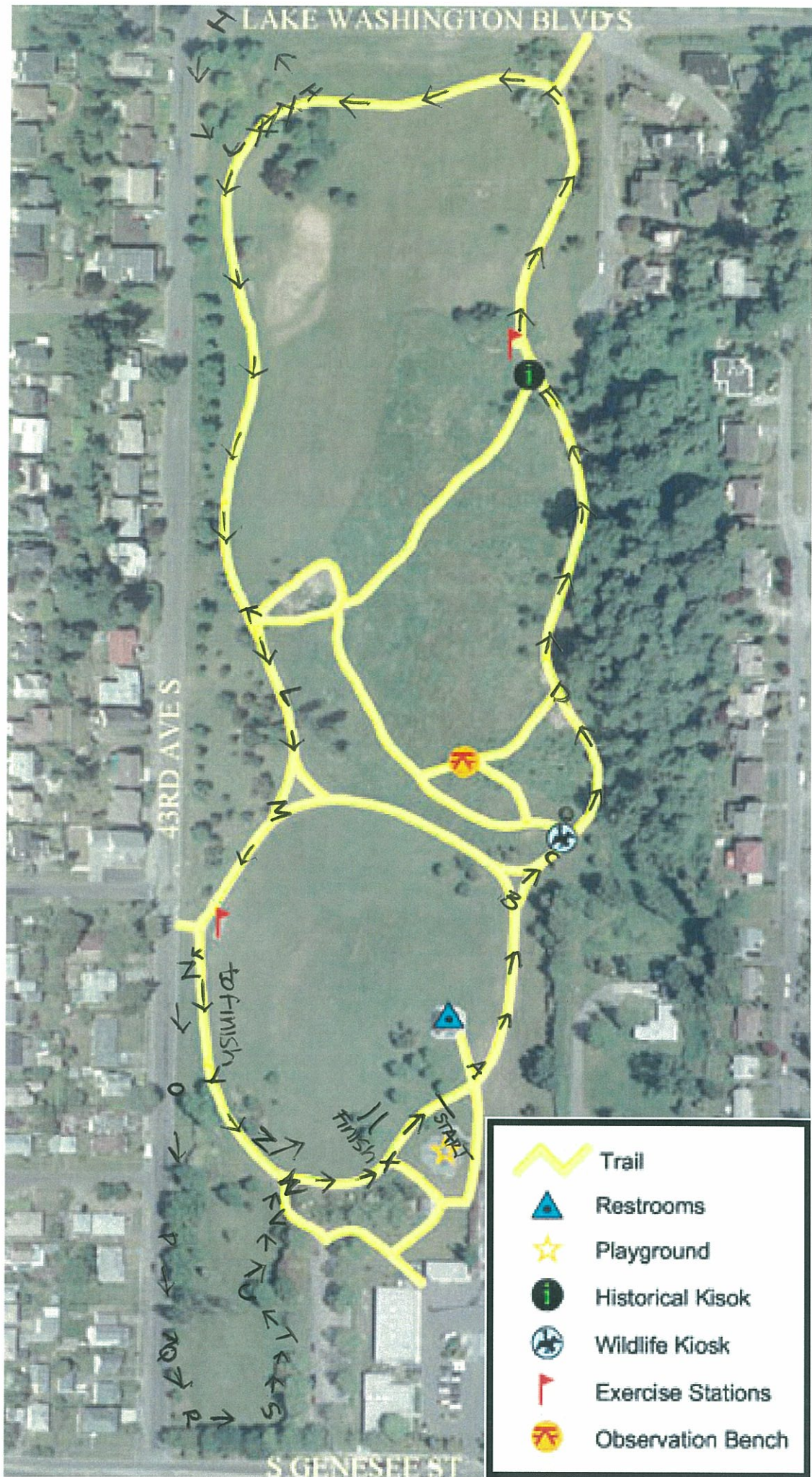
PARTICIPANT (PARENT/COACH/ GUARDIAN IF UNDER 18)












-  Trail
-  Restrooms
-  Playground
-  Historical Kiosk
-  Wildlife Kiosk
-  Exercise Stations
-  Observation Bench

two laps
1600M



-  Trail
-  Restrooms
-  Playground
-  Historical Kiosk
-  Wildlife Kiosk
-  Exercise Stations
-  Observation Bench

3000M
two laps



4000m
 two large loops
 one small loop