

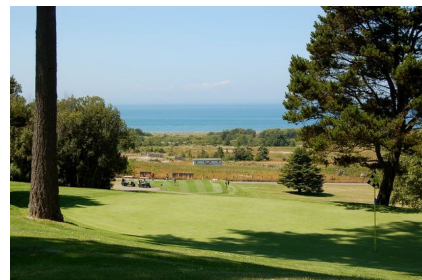
Whidbey Island Running Club Runnin' the Rock Cross-Country Invitational

WHIDBEY ISLAND RUNNING CLUB
NWPRD



October 9, 2010

Come race this inaugural cross country event on beautiful Whidbey Island at the NASWI Gallery Golf Course. Event sanctioned by USA Track & Field. Parks and beaches nearby.



When: Saturday, October 9, 2010

Where: NASWI Gallery Golf Course, 3065 N Cowpens Rd., Oak Harbor, WA 98278

Driving Directions: From North or South I-5 take West WA-20. Go right onto Ault Field Rd. (If coming from South Whidbey Island follow 20 and make left at Ault Field Road, north of Oak Harbor.) Take a slight right onto Clover Valley Rd., Clover Valley becomes Golf Course Rd. Take a right onto Cowpens Rd. Follow volunteers and signs to available parking. No parking on the side of Golf Course Road.

T-Shirts: Available for purchase at the meet.

Registration: 18 & Under, cost: \$7. 19 & Over (Open Division), cost: \$10. On-line pre-registration preferred with Active.com for Open registrants, and unattached runners. Clubs, pre-register youth runners online with Athletic.net. Day of Race registration available opening at 9:30am, **CASH OR CLUB CHECKS ONLY.**

Awards: Medals for 1st, 2nd, & 3rd place, ribbons for 4th through 8th place and participation ribbons in all age-group races. Team: Awards for 1st through 3rd teams in all races. (Minimum 3 athletes from same team to qualify for team awards.) Awards for top 3 places, Male & Female, in Open division

Questions?: Meet Director: Catie Rodeheffer (360) 279-2196 or catie@rodeheffer.net

Race Day Schedule: Course Walk through at 10:30 am - no course access prior to the day of the meet.

11:00	6 & Under b&g	800 meters	12:30	11 & 12 girls	3000 meters
11:15	7 & 8 b&g	1500 meters	1:00	11 & 12 boys	3000 meters
11:30	9 & 10 girls	3000 meters	1:30	13 & 14 girls	4000 meters
12:00	9 & 10 boys	3000 meters	2:00	13 & 14 boys	4000 meters
			2:30	15-18; Open	4000 meters

Name: _____

Birth Date: _____

Address: _____

Club / Team: _____

City: _____ **State:** _____

Age as of December 31, 2010:

Zip : _____ **Phone:** _____

Age Group: 6 & ↓, 7&8, 9&10, 11&12,

Gender: Male / Female

13&14, 15-18, Open

Waiver and Release*:

I release the Whidbey Island Running Club, Whidbey Island Running Boosters, North Whidbey Park and Recreation, Whidbey Island Naval Air Station, 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)

*Please read and also sign the Whidbey Island Naval Air Station Hold Harmless form.

NAVAL AIR STATION WHIDBEY ISLAND
HOLD HARMLESS AGREEMENT

IMPORTANT: THIS IS A LEGAL DOCUMENT

Please read and understand this document before signing. If you have any questions please ask us or consult an attorney.

In exchange for the privilege of entering Naval Air Station Whidbey Island, Oak Harbor, Washington, and for and in consideration of the use of the Naval Air Station Whidbey Island, Morale, Welfare and Recreation Department's Gallery Golf Course for the Whidbey Island Running Club on October 9, 2010.

The undersigned agree to release, waive, indemnify, exonerate, hold harmless, insure against and defend the United States of America, the United States Navy, and Naval Air Station Whidbey Island, and the Morale, Welfare and Recreation Department's Gallery Golf Course, their agents, any agency thereof, and assigns, for any claims demands, and causes of action (including defense costs and attorney fees) arising out of or pertaining to, any loss, damage, threat, injury, or death sustained by the undersigned, the undersigned's children or family, or any or all persons, or property, and caused by any negligent act or omission whatsoever, of whatever nature or breach of duty related to the activity, program, or event identified above and/or use of federal facilities. This release and document applies whether or not any claim, demand, action, or suit is based on, in whole, or in part, the negligent act or omission, or similar conduct, of those parties hereby released and indemnified.

The undersigned does hereby assume all risks and hazards incident to or attendant with participation in the activity, program, or event identified above. The undersigned hereby acknowledges that he/she possess adequate personal/family medical and hospitalization insurance coverage in case of bodily injury.

Completion of this form is voluntary, and the undersigned consciously and intelligently accepts the responsibility imposed by this agreement; however, the undersigned acknowledges failure to execute this agreement may result in the possible inability of the federal organization/facility to perform or provide the service(s) requested or offered.

NAVAL AIR STATION WHIDBEY ISLAND
HOLD HARMLESS AGREEMENT

IMPORTANT: THIS IS A LEGAL DOCUMENT

Please read and understand this document before signing. If you have any questions please ask us or consult an attorney.

The undersigned acknowledges that he/she has the authority to sign this agreement as a participant of the event working with or for or as the parent/legal guardian of a minor child with the Whidbey Island Running Club Cross Country Running Competition.

Date

Signature (On behalf of Minor Child, if applicable)
of Parent/Guardian/Adult Participant

Printed Name (Minor Child)

Printed Name (Parent/Guardian/Adult Participant)

Minor Child's Signature

Address (Street Address/City, State, ZIP)



Runnin' The Rock XC Course Map

Whidbey Island Running Club Cross Country Meet Course Description

All courses start in the lower right, parallel to North Golf Course Road, head north, and proceed in a counterclockwise direction. The actual course will not have colored lines - the colors described here refer to the Google Earth map.

800m - Follow light blue line in one small, incomplete loop. Straight at A, veer left at B, veer left at D, stay left at E, straight at F to finish line.

1500m - Follow the red line all the way around the perimeter of the golf course (back 9 holes). Straight at A, veer right at B, straight at C, stay right at E, straight at F to finish line.

3000m - Same as 1500m till a veer/turn left at point F, the green connector line. Follow green connector line till left turn at point A and follow red line a second time, this time going straight at point F to the finish line. Basically two 1500m loops with the exception of the green connector line between loops.

4000m - Follow red line to intersection C and veer/turn left, running north of the trees. Follow yellow 1000m loop counterclockwise till a veer left at point G then a merge back on the red 1500m loop at point C. Continue on red 1500m loop twice using the green connector line at point F between loops and finish spur at F the second time, just like the 3000m course.

Parking:

The map is labeled with one capital "P" on the golf course and three capital "P's" to the west of the golf course that are suitable for parking. Please don't park on the lower paved section of the golf course parking lot as this will be used for golfers on the front nine holes. Parking on the side of N Golf Course Road is prohibited.