

5k Run and 2 Mile fun run/walk
Saturday, July 24, 2010
Ferndale, Washington

Race Day Schedule
8:30 Registration and ck in opens
10:00 START

Pioneer Park, Ferndale, WA
Corner of First St. and Cherry St.
Start line @ parks South entrance

NAME _____
ADDRESS _____
CITY/ST _____ **ZIP** _____
PHONE _____

circle one
Male Female
AGE _____

****RESULTS
POSTED****

By August 1.
www.whatcomoldsettlers.com
www.GBRC.com

RUN/WALK CHOICE:

5k RUN or 2 Mile run/walk (non-competitive)
 12 & under 13-15 16-19
 20-29 30-39 40-49
 50-59 60-69 70 *

PRE-REGISTER before July 15

_____ Run or Run/Walk Only
\$10.00
_____ Run or run/Walk w/ T-shirt
\$16.00
_____ Kids Under 12 (no shirt)
FREE
_____ T-shirts Only **\$10.00**

DAY of RACE REGISTRATION

_____ Run or Run/Walk Only
\$14.00
_____ Run or Run/Walk w/T-shirt
\$20.00
WHILE SUPPLIES LAST
_____ Kids under 12 (no shirt)
FREE
_____ Commemorative T-shirt
\$10.00
WHILE SUPPLIES LAST

XX
T-SHIRT INFORMATION PRE-ORDERED by 7/15
Adult sizes: Small Med LG
 XLG

Directions:
From I-5 take Exit 262 and head west into Ferndale on Main Street. Cross over the Nooksack River Bridge, turn left at the first stop light follow 1st Street down to Pioneer Park. Check in @ Registration Booth then gather at the South entrance of Park for the Start/End line

For more information
Contact:
Lori Apana
#360-384-4891
Or
Website email
www.whatcomoldsettlers.com

WAIVER

Participants must sign the following prior to the

Old Settler's Run or Walk.

I assume all risks and hazards of the conduct of the program, recognizing the hazards attendant to any road running event. Realizing no insurance coverage is provided for participants. I will assume financial responsibility for any cost relating to accident/injury or damages. I do hereby release and hold harmless the Old Settlers Association, the City of Ferndale, this program from any and all claims, injuries, damages, losses or suits, including attorney fees, arising out of or in connection with the program.

I grant full permission to use any photographs taken during the event for future Old Settler's Run informational or promotional use. I have read this statement, and my signature below verifies my acceptance of these conditions.

Signature _____ Date _____
(parent/legal guardian, if under 18 years of age)

METHOD of PAYMENT: _____ Check (payable to O.S.A.) _____ CASH
DROP off entry & fee @ Ferndale Everyday Fitness

or
MAIL TO: O.S.A. 5k, 6340 Malloy Ave. Ferndale, WA 98248 by July 15,

Old Settler's Registration

As part of your race registration fee, you would also be registered in the Whatcom County Old Settlers registry (\$3.00 value). If you were born or live in Whatcom County, please fill out the information below and sign to verify. You will receive an Old Settlers ribbon in your race packet. What YEAR were you born in Whatcom County or what year did you move to reside in Whatcom County _____

Signature _____

Route

5k RUN

Registration opens @ 8:30

Pre-Registered p/u packet @ 8:30

Runners assemble @ 9:50

@ 10:00

Start line South of entrance to Park

Finish line @ South entrance to Park

Traveling south on Ferndale Rd.

Right turn on Ulrick Rd.

Right turn on Imhof Rd.

Right turn on Douglas Rd.

Right turn on Main St.

Follows Main St. thru town

Right turn on 1st Ave to Park

Left turn on Cherry St.

Right turn on Ferndale Rd.

To Finish Line..... **@R is for RUNNERS**

2 Mile Fun Run/Walk

Registration opens @ 8:30

Pre-Registered p/u packet @ 8:30

Entrants assemble to start line for Walkers @ 9:50

Walk starts @ 10:00

Start line (using runners finish line) @ South entrance to Park

Finish line @ South entrance to Park

Traveling North to and thru Farmers Market

@ Water Fountain turn left (heading West)

Traveling West on Main St. AGAINST traffic

Staying in EAST bound bike lane

Turn Left on Correll Park

Go to 2nd bank of Mail boxes and turn around

Return: Turning Right onto Main St. Traveling WITH traffic

Using East bound bike lane

Right turn on 1st Ave to Park

Left turn on Cherry St.

Right turn on Ferndale Rd.

To Finish line...South Entrance of Park **@ W is for WALKERS**