

Whidbey Island Running Club

Runnin' the Rock Cross-Country Invitational

WHIDBEY ISLAND RUNNING CLUB
NWPRD



October 8, 2011

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 8, 2011

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. 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 10:15 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, 2011:

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.