

# YES, SIGN ME UP.....

For the Hard Core Runners Club

# FROSTY FOUR-MILLER

## February 6, 2010 Terrace Heights Elementary School

Entry form must be completely filled out or it will not be processed. Please PRINT and double check for accuracy. Payment must accompany application. Check or money orders only.

# FROSTY FOUR-MILLER

Hard Core Runners 29th Annual

Saturday, February 6, 2010 - 12 Noon  
Terrace Heights Elementary School

Location: Beginning and ending at  
Terrace Heights Elementary School,  
Terrace Heights, Yakima, Washington.

Driving Directions: Take Exit 33 from SR 82.  
Turn East onto Terrace Heights Drive.  
Stay East to 41st Street.  
Turn Left on 41st Street, parking  
available along 41st, at Banner Bank Lot  
and Maple Ave.  
**DO NOT PARK ON EAST  
SIDE OF MAPLE CT.**

Shirt Design: Designed by Davis High  
School Design Class

Awards: Special awards for the first overall male and female winners. Top four places in each age group will receive an award. Age groups include: 1-8, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

Refreshments: Following the race in the Terrace Heights Elementary School Gym during the awards, cookies and drinks will be available. Beverages are donated by Pepsi-Cola Bottling of Yakima and the cookies donated by our wonderful volunteers.

Please check our hcrunners.org website for race and club information. For additional information please contact Roy McVey 509-945-9904 or email roymv@hcrunners.org



First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
Birth Date: \_\_\_\_\_  M  F  
Spouse: \_\_\_\_\_  M  F  
Birthdate: \_\_\_\_\_  M  F  
Address: \_\_\_\_\_

City: \_\_\_\_\_  
State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_  
Phone: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_

New Member  Member Renewal  
Include \$15.00 with this registration form.  
Mail to:  
Hard Core Runners Club  
P.O. Box 1511  
Yakima, WA 98907

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I. \_\_\_\_\_  
Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_ Phone \_\_\_\_\_  
Age on Race Day: \_\_\_\_\_ Birth Date: \_\_\_\_\_ M  F

Shirt Sizes: QXS QS QM QL QXL QXXL  
34-36 38-40 42-44 46-48 50-52

**EVENT FEES**  
Pre-Registration  
Registration form and entry fee  
postmarked by Jan 23, 2009

HCR Members with Tech shirt \$22.00   
HCR Members without shirt \$8.00   
Nonmember with Tech Shirt \$27.00   
Nonmembers without shirt \$13.00   
Children 12 & under w/ registered adult FREE   
Children 12 & under Cotton Shirt \$6.00   
Extra Tech Shirt XS-XL \$14.00   
TOTAL ENCLOSED \$ \_\_\_\_\_

Pick-up and day of race registration  
between 10:30 a.m. and 11:45 a.m.  
**LATE REGISTRATION & DAY OFF RACE**  
Postmarked after Jan. 23, 2010 add \$3.00

Make Checks payable to Hard Core Runners Club.  
Mail entry forms and fees to:  
Barry James  
312 N. 50th Ave.  
Yakima, WA 98908

**RELEASE**  
I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Hard Core Runners Club, its officers and agents, the City and County of Yakima, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent or guardian if participant is under 18 \_\_\_\_\_ Date \_\_\_\_\_