

Race Information

Location

Yakima Sportsman State Park
904 Keys Road, Yakima, WA

Directions

Head East on **W Yakima Ave.** **W Yakima Ave** turns into **Terrace Heights Dr.** Continue on **Terrace Heights Dr** until you reach **S 33rd St.** Turn right at **S 33rd St.** and then a slight right at **Keys Rd.**

Race Specifics

Race starts at 9:00 a.m.

Day Use Area of Sportsman State Park Sunday, September 11, 2010

Awards

Special awards for the first-place overall male and female winners. Top three places in each age category will receive medals.

Age groups include

10 & under
11 – 14
15 – 18
19 – 29
30 – 39
40 – 49
50 – 59
60 – 69
70 +

Careful! Off Road Trail

What **NOT** to bring:

- **Dogs/animals**
- **Baby joggers**
- **Bicycles**
- **Skateboards**
- **Wagons**
- **Roller skates**
- **Inline skates**

What **TO** bring:

- **Water**
- **Bug spray**
- **Shoes that can get dirty**
- **Big smiles and energy**

Race Contacts:

Elizabeth Pulice - 509-895-2665

Or

Elisabeth Tutsch – 509-949-0218

Rod's House 5K Run/Walk Registration Form

Please tear at perforation, fill out both sides, and return to:

Rod's House
PO Box 2283
Yakima, WA 98902

First Name: _____

Last Name: _____

Address: _____

City: _____ State: _____

Phone: _____

E-mail: _____

My age on race day Male Female

NOT ACCEPTING Day-of-Race Registrations

Deadline for Registration
Postmarked by September 9, 2010



Cost of Race:

\$10

Make checks payable to:
Homeless Youth Workgroup
PO Box 2283, Yakima, WA 98901

RELEASE

Please sign and return with Registration

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 Rod's House 5K Run/Walk officers and agents, the City of Yakima and County of Yakima, all sponsors, their representatives and successors, 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, wagons, roller skates or inline skates, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

Signature Date

Parent or Guardian if Date participant is under 18

About Rod's House

Rod's House

- A multi-service house open to homeless and underserved youth ages 14-18.
- A safe place for youth to access a multitude of services from meals to case management.
- A drop-in center with showers, laundry, meals, school supplies, and clothing.
- A safe house where youth can obtain referrals for case management, medical, dental, mental health, legal, financial, counseling services, and assistance with academic needs.



Yakima Sportsman State Park Presents

Rod's House 5K Run/Walk

Saturday September 11, 2010 9:00AM

