

WILDCAT STAMPEDE



5K FUN RUN & WALK

Monday, Sept. 6 • CWU Campus • Ellensburg, WA

COURSE

The 5-kilometer course will utilize the sidewalks and malls of the beautiful Central Washington University campus.

DIRECTIONS

From I-90 take Exit 106 (Ellensburg/Wenatchee - Hwy 97) go towards downtown Ellensburg for approximately two miles. At the first stop light in town, take a left onto Water Street. Go north on Water for six blocks to 14th Avenue and turn right. Follow 14th for approximately eight blocks (note that the street name changes from 14th to Dean Nicholson Boulevard once you reach campus). Turn left on Walnut Street, and pull into the Nicholson Pavilion parking lot.

REGISTRATION/PACKET PICKUP

7:30-8:45 a.m. at Nicholson Pavilion Parking Lot (online or mail-in registration preferred)
Run begins at **9:00 a.m.**

AWARDS CEREMONY

Results and awards will be near the finish line at approximately 10:15 a.m.

ENTRY FEES

\$20 Pre-register (online or mail-in entries must be received by Friday, September 3)
\$25 Day of race
\$15 for CWU Cross Country or Track & Field alumni

All proceeds benefit the CWU Cross Country and Track & Field programs

For more information call: **509-963-1956** or e-mail: **adkisson@cwu.edu** • Online at **www.wildcatsports.com**

To pre-register by mail, return the signed entry form with payment to:

Kevin Adkisson
Cross Country/Track & Field Coach
Central Washington University Athletics
400 E University Way
Ellensburg, WA 98926-7570



CENTRAL WASHINGTON UNIVERSITY

Athletic Department

CWU is an AA/EEO/Title IX Institution.
TDD 509.963.2143

WILDCAT STAMPEDE 5K RUN & WALK ENTRY FORM

(Please PRINT legibly)

Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

I certify that I am in good physical condition and am able to safely compete in this event, that I personally assume all risks incident to my participation in the above race and that, in consideration of your accepting my entry, I, my personal representative and heirs, hereby release Central Washington University and other sponsors and all persons involved in the race from any and all claims, demands, actions or causes of actions incident to my participation in this race.

Signature _____ Date _____

Signature of parent/guardian is required
If participant is under 18 years of age _____

NOTE: Only **ONE NAME PER ENTRY FORM** please

Please Check Correct Categories

Male
 Female Age _____

Shirt Size

Small
 Medium
 Large
 X Large