



City of Issaquah Parks and Recreation Department
GLIDER - MILER
Early Season One Mile Time Trial!

Date: Sunday, September 25, 2011

Where: Tibbetts Valley Park, 965 – 12th Ave. NW, Issaquah, 98027. From I-90: Exit 15, SR-900. Proceed south to Newport Way. Turn left. Tibbett's Valley Park will be on the south side of the street. Overflow parking available at the Park n Ride adjacent to the park.

Registration: Registration begins at 11:30am and will remain open throughout the Meet. Please register a minimum of 30 minutes prior to the start of your race.

- Entry fee **\$1.00** per Little Tyke or Preschool Participant in the Kids Dash
- Entry fee **\$5.00** per runner in all other age groups
- Please make checks payable to City of Issaquah

Course walk-through begins at NOON.

Awards:

- Individual: 1st - 10th Place Ribbons. Participation ribbons for remaining participants.
- Team: Ribbons for 1st, 2nd, & 3rd place teams (min. 3 per team to score) in 6U, 7/8, 9/10, 11/12 and 13/14 races.
* 6U team scoring may be a combination of boys and girls.

<p>Age Divisions determined by USATF and classified by birth year:</p> <p>Kids Dash: Preschool / Little Tykes</p> <p>6U Mini Bantams = 2005 or younger</p> <p>7/8 Sub Bantams = 2003 / 2004</p> <p>9/10 Bantams = 2001 / 2002</p> <p>11/12 Midgets = 1999 / 2000</p> <p>13/14 Youth = 1997 / 1998</p> <p>15+ Open = 1995 / 1996 - adults</p>

Name: _____ Age as of 12/31/11: _____ Gender: _____

Address: _____ City: _____

Phone: _____ Club: _____

Please check one of the following: Race distances are approximate and may be +/- depending on race day conditions. (Age group as of 12/31/11): Any child under 5 years can choose between the Kids Dash and the 6U 1/2mile.

- | | |
|--|---|
| <input type="checkbox"/> 12:50pm Little Tykes/Preschool Kids Dash (100yds) | <input type="checkbox"/> 2:00pm 11/12 G - 1 mile (born 1999 / 2000) |
| <input type="checkbox"/> 1:00pm 6U G & B - 1/2 mile (born 2005 or younger) | <input type="checkbox"/> 2:15pm 11/12 B - 1 mile (born 1999 / 2000) |
| <input type="checkbox"/> 1:15pm 7/8 G & B - 1 mile (born 2003 / 2004) | <input type="checkbox"/> 2:30pm 13/14 G - 1 mile *(born 1997 / 1998) |
| <input type="checkbox"/> 1:30pm 9/10 G - 1 mile (born 2001 / 2002) | <input type="checkbox"/> 2:45pm 13/14 B - 1 mile *(born 1997 / 1998) |
| <input type="checkbox"/> 1:45pm 9/10 B - 1 mile (born 2001 / 2002) | <input type="checkbox"/> 3:00pm 15 + Open - 1 mile **(born 1995 / 1996 - adult) |

* 13/14 G & B may be combined. 13/14B should be ready to potentially race at 2:30pm
** If 13/14 races are combined then the Open race will run at 2:45pm.

Please read and sign:

PARTICIPANT RELEASE OF LIABILITY - I am fully aware of the special dangers and risks inherent in the activities and classes that I have signed up for through the City of Issaquah's Parks & Recreation programs for myself and/or my child(ren), including physical injury, loss, death, damage, or other consequences that may arise or result directly from the activity or class in which I and/or my child(ren) may participate. Being fully aware as to these inherent risks and in consideration of the privilege of participating in general use of the Community Center or other sites utilized by Parks & Recreation programs and classes I and/or my child(ren) may attend, I hereby assume all risk of liability for injury, loss, death, damage, or other consequences. I also forever discharge and waive any right of recovery from, or to bring suit against, the City of Issaquah and their responsive officers, officials, employees and volunteers, holding them harmless from any and all claims for any personal injury, loss, death, damage, or other consequences to myself and/or my child(ren) arising out of my and/or my child(ren)'s voluntary participation in an activity or class through the City of Issaquah's Parks & Recreation programs, except for injuries and damages caused by the sole negligence of the City of Issaquah. **PHOTO/VIDEO RELEASE** - I, the undersigned participant and/or parent or guardian of the minor participants, give my permission to have photos/video tapes taken, without recompense, during City of Issaquah activities and used for publicity purposes in printed or web format.

Participant signature or parent/guardian signature if under age 18 _____ Date _____

<p>Website: www.thegliders.8k.com</p> <p>Email: issgliders@comcast.net</p>

Healthy Body and Mind - and Environment!

Join us for four fun and healthy events at the GLIDER MILER!

1. GLIDER MILER Time Trial
2. Book Exchange
3. Chess
4. Shoe recycle

GLIDER MILER: Fun and Fitness!

Book Exchange: Bring an age-appropriate book (picture book or chapter book or series) and trade it for another book! All books are designated as "equal trade!"

Chess: Chess boards will be set out on tables for play. Bring a partner or find one at the race!

Shoe recycle: A new running season has started so clean out those "too small or too old" running shoes from the closet! We will take the collected shoes to our friends at the Issaquah Foot Zone for recycling!

