

5K Settlers Day Dash Entry Form

When: July 24th at 9:30 a.m.

Where: Number pickup and race entry at Arcadia Elementary parking lot
from 8:15 to 9:15.

Course: On the parade route - Right in front of the parade

Fees: \$7.00 race only. \$20.00 T-Shirt entry – short-sleeved Brooks
technical shirt.

Deadline: T-Shirt entry by **July 14th**. No race day T-Shirts.

Awards: Cash Prize!!! \$50 for first place. \$25 for second place. \$10 for
third place for male, female and Masters categories.

High school division (must be in high school in September of 2010).

First place male and female: gift certificate for a pair of shoes at
Runner's Soul (maximum value of \$100).

\$100 bonus for first male who runs under 4:00 minutes.

\$100 for the first female who runs under 4:25.

Name: _____

Age: Under 40 _____ 40 and over _____ High School _____

Birthdate _____

Run only: _____ (\$7.00) T-Shirt: _____ (\$20.00)

Brooks Technical T-Shirt (Circle Adult Sizes) XS S M L XL

Additional Donations to Deer Park Cross Country: _____

Total Enclosed: \$ _____

Make checks payable to: **Deer Park Cross Country**
15208 N. Little Spokane Drive
Spokane, WA 99208

“RELEASE, HOLD HARMLESS & AGREEMENT NOT TO SUE FORM”
Must accompany application!!!