



River & Rails Run

Proceeds go to Cocoon House

5k Walk or Run / 10k RUN

Saturday, August 7, 2010 - 9:00 AM



PRE-REGISTRATION: \$15
BY Friday, July 30, 2010
DAY OF RACE REGISTRATION: \$20

Registration: 7:45 – 8:45
 RACE BEGINS: 9:00 am

For information: www.arlingtonrunnersclub.org
 call (425) 359-0868 OR email
 will@ArlingtonRunnersClub.Org

Return form & Make checks payable to:
 ARC; 7012 65th Avenue NE; Marysville, WA 98270
All registration fees are NON-REFUNDABLE

First Name: _____ Last Name: _____

Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: (____) _____ Alternate Phone: _____

Distance: 5K Run or Walk 10K RUN ** SEX: male female

**The course volunteers leave intersections 75 minutes after the start of the race.

AGE: < 15 (free w/ paying adult, \$5 for shirt) 15-19 20-29 30-39

40-49 50-59 60-69 70 & over (free, \$5 for shirt)

T-SHIRT: small medium large x-large

I am aware that participating in running events involves certain risks of physical injury and death, and that I should consult with a physician concerning participation in said events. I understand that the course is not closed to traffic. Being fully informed as to these risks and in consideration of being given the privilege to participate in the ARC event(s), I hereby, on behalf of myself and my heirs, assume all risks in connection with my participation in this program and I further hold harmless and agree not to sue the City of Arlington, the ARC, its members, employees, agents and volunteers, for any injury or damages which may occur to me while I am participating in the event(s) and I waive any right to bring claim or lawsuit against them for any such injury, damage or death. Furthermore, I agree to hold harmless, defend and indemnify the City of Arlington, the ARC, its members, employees, agents and volunteers from any and all claims and lawsuits for injury, loss or damage to other persons or entities which may rise in the future as a result of or in connection with my participation in the ARC event(s). I authorize any necessary emergency medical treatment that might be required for me in the event of physical injury and/or accident to me while participating in the event(s). I acknowledge that all race event and membership registration payments are non-refundable and non-transferable. I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.

Important Notice: The School District* has neither reviewed nor approved the program(s), personnel, activities, or organizations announced in this flyer. Permission to distribute this flyer should not be considered a recommendation or endorsement of the program by the school district. In consideration of the privilege to distribute the attached materials, the School District* shall be held harmless from any cause of action or claim arising out of the distribution of these materials including all costs, attorney's fees, and judgments or awards.
 *Everett School District, Marysville School District, Monroe School District, Mukilteo School District, Arlington School District, Lake Stevens School District, Snohomish School District.

****WARNING:** ARC relies on volunteers to staff the course. Approximately 75 minutes after the race starts, the volunteers, signage and safety cones may have left the course area. Arlington Runners Club **strongly** recommends that if you cannot finish the 10k course within 75 minutes you should do the 5k course. ALL participants on the course after 75 minutes shall be at their own risk & are aware of these course limitations. For safety reasons; no skateboards, inline skates, bikes, or dogs will be allowed on the course.

Date _____ Signature of Participant (Parent/Guardian, if participant is under 18) _____



DIRECTIONS / PARKING:

From I-5: Take Exit 208, SR 530, and proceed east to Hwy 9. Turn left (north) onto Hwy 9. Turn next right (east) onto SR 530/Burke Street. Turn next left onto West Avenue. Haler Park is straight ahead. **Parking is available at the park.**

Address: 1100 West Avenue, Arlington, WA 98223

Thank you Sponsors!



River & Rails Run!



Proceeds go to 'Cocoon House'
Saturday, August 7, 2010 - 9:00 AM
5k Walk & Run / 10k Run



DIRECTIONS / PARKING:

From I-5: Take Exit 208, SR 530, and proceed east to Hwy 9. Turn left (north) onto Hwy 9. Turn next right (east) onto SR 530/Burke Street. Turn next left onto West Avenue. Haller Park is straight ahead. **Parking is available at the park.**

Address: 1100 West Avenue, Arlington, WA 98223

AWARDS:

Starting at about 10:00a, Awards will be given to the top male/female overall, and the top 3 males/females in each age group.



ARLINGTON RUNNERS CLUB!

ARC is a non-profit group that exists to provide runners/walkers of all abilities a free forum to meet for the purpose of achieving personal fitness goals, while offering additional opportunities through memberships, sponsorships and race events to raise monies for local community and charitable organizations.

The **free weekly forum** meets every Saturday at 9 am at the Stillaguamish Athletic Club, 4417 172nd Street NE, Arlington, WA 98223, to run the airport trail. The trail runs are at your own pace and distance. So, join us on Saturdays!

OTHER ARC RUNS!

Airport Run for Hope: 5K Walk-Run /10K Run

Saturday, September 25 - 9am

Marines Toys for Tots Run: 5K Walk-Run /10K Run

Saturday, December 4 - 11:00am

100% of the proceeds go to Cocoon House. Cocoon House fosters personal growth and healthy relationships to strengthen and empower at-risk and homeless youth and their families. For more information, go to www.cocoonhouse.org. Because every child needs a home.

Thank you Sponsors!



'Creating Healthier Tomorrows'