

OUR 24th ANNUAL RACE! WE INVITE ALL PAST PARTICIPANTS TO JOIN US AGAIN!

ONCE AROUND LAKE CAVANAUGH

"A self-timed Fun Run to support a good cause"

This event is dedicated to Bob Sittner, our friend and former fire chief, who lost his life fighting a fire on South Shore Drive. He has been, and will continue to be, the force behind this race. All proceeds from this race to benefit the Lake Cavanaugh Fire Department.

PLEASE NOTE!!! Please bring a self-timing watch if you are interested in your finishing time. Unofficial times will be given at the finish line.

DATE: Saturday, August 1st, 2009

WALKERS START: 9:00 AM **BIKERS START:** 9:30 AM **RUNNERS START:** 10:00 AM **DISTANCE:** 7.8 miles

HELMETS: Required for biking participants.

LOCATION: Race starts and finishes at the Lake Cavanaugh Fire Station located at 35058 South Shore Drive. Parking is limited and car pooling is encouraged.

COURSE: One lap around Lake Cavanaugh in Skagit County. Paved, gorgeous road with a few small hills within the first four miles. Water and aid stations provided.

EARLY REGISTRATION: (postmarked by July 25th) Send check payable to "LCFDA", \$20.00 for race and shirt; \$15 for race only; plus registration below (\$2.00 off registration for children 12 and under) to: Lake Cavanaugh Fire Department, c/o Larita Humble, 20131- 76th Avenue SE, Snohomish, WA 98296.

LATE REGISTRATION/DAY OF RACE: \$17.00 for race only; \$23.00 race plus shirt. Parents must sign if runner is under 18 years of age (\$2.00 off registration for children 12 and under).

AWARDS: The purpose of this race is to benefit the development of the Lake Cavanaugh Fire Department. Trophies will be awarded to the top 3 male and female runners. **All** participants will be given a Participant Ribbon.

RACE SCHEDULE: 8:30 – 9:30 A.M. (or ½ hour prior to your start time) pick up number and/or shirt, and for late registration.

INFORMATION: Call Larita Humble at 360-668-9661 or email at: larita_humble@verizon.net

Officially sanctioned by the PNTF and USATF

ONCE AROUND LAKE CAVANAUGH REGISTRATION FORM

PLEASE PRINT CLEARLY:

Last Name _____ Birth Date: _____

First Name _____ Age on Race Day: _____

Address _____

City, State, Zip _____

Phone # () _____

Email (for notification of future races only) _____

CIRCLE ONE: runner walker biker (helmet required)

SEX: M F **T-SHIRT SIZE:** S M L XL NONE

All entrants must read and sign the following:

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims arising or growing out of my participation in this athletic event against Skagit County, Lake Cavanaugh Fire Department, Lake Cavanaugh Improvement Association, Pacific Northwest Track and Field, and USA Track and Field, and other political subdivisions or municipal corporations in which this race is contested and any and all sponsors, persons and entities associated with this event.

I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and have full knowledge of the risks involved with this event. I have read the entry information and certify my compliance by my signature. I also understand my entry is non-refundable. If I am under 18 years of age, my parents must co-sign.

Signature _____ Signature (parent) _____