

FROSTY FOUR-MILER

February 5, 2011 Terrace Heights Elementary School

Entry form must be completely filled out or it will not be processed. Please PRINT and double check for accuracy. Payment must accompany application. Check or money orders only.

Last Name: _____ First Name: _____ M.I. _____

Mailing Address: _____ City: _____

State: _____ Zip Code: _____

E-mail Address: _____ Phone: _____

Age on Race Day: _____ Birth Date: _____ M F

Shirt Sizes: OXS S M L XL XXL
34-36 38-40 42-44 46-48 50-52

EVENT FEES

**Pre-Registration
Registration form and entry fee
postmarked by Jan 21, 2011**

HCR Members with Tech shirt \$22.00
HCR Members without shirt \$8.00
Nonmember with Tech Shirt \$27.00
Nonmembers without shirt \$13.00
Children 12 & under w/ registered adult FREE
Extra Tech Shirt XS - XL \$14.00

TOTAL ENCLOSED \$ _____

**Pick-up and day of race registration
between 10:30 a.m. and 11:45 a.m.**

**LATE REGISTRATION & DAY OF RACE
Postmarked after Jan. 21, 2011 add \$3.00**

Make Checks payable to Hard Core Runners Club.
Mail entry forms and fees to:

Rory McVey
14929 Cottonwood Canyon Road
Yakima, WA 98908

Hard Core Runners 30th Annual

FROSTY FOUR-MILER

Saturday, February 5, 2011 -12 Noon Terrace Heights Elementary School

Location: Beginning and ending at
Terrace Heights Elementary School,
Terrace Heights, Yakima, Washington.

Driving Directions: Take Exit 33 from SR 82.
Turn East onto Terrace Heights Drive.
Stay East to 41st Street.

Turn Left on 41st Street, parking
available along 41st, at Banner Bank Lot
and Maple Ave.

**DO NOT PARK ON EAST
SIDE OF MAPLE CT.**

Shirt Design: Designed by Davis High
School Design Class

Awards: Special awards for the first overall male
and female winners. Top four places in each
age group will receive an award. Age groups
include: 1-8, 9-12, 13-15, 16-19, 20-24,
25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-74, 75-79,
80 & over.

Refreshments: Following the race in the
Terrace Heights Elementary School Gym
during the awards, cookies
and drinks will be available.
Cookies donated by our wonderful volunteers.

Please check our hcrunners.org website for race
and club information. For additional information
please contact Rory McVey 509-945-9904 or
email rorymcvey@hotmail.com



RELEASE

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Hard Core Runners Club, it's officers and agents, the City and County of Yakima, all sponsors, their representatives and successors, including the Road Runners Club of America, it's officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

Participant's Signature _____ Date _____

Parent or guardian if participant is under 18 _____ Date _____