

Apple Ridge Cross Country Running Summer Series

The **Hard Core Runners Club** presents the first ever summer cross country racing extravaganza.

Purpose: To provide a fun yet challenging cross country running experience for runners/walkers of all ages and abilities.

Venue

Apple Ridge Run Cross Country Course. The nearly 180 acres of property consists of about six miles of trails (primarily grass) that are 10 to 15 feet wide.

Race #1	2 miles	June 26
Race #2	3 miles	July 10
Race #3	3 miles	July 24
Race #4	3 miles	August 7
Race #5	2 miles	August 21

Registration begins at 5:30.

7:00 P.M. start time for all races

Entry Fee:

Race day registration only.

\$3.00 per race or \$12.00 for entire series. Make check payable to Hard Core Runners Club.

Awards for each race: Ribbons to top five in each division. 6-under, 7-10, 11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over

Course Description

- **Race #1**
Two Miles
- **Race #2**
(The Figure 8 Course): A three mile course consisting of three loops and a short, gentle slope. Other than that, this course is flat and fast. The footing is great and the surface is all grass.
- **Race #3**
(The Race Course): It's a three mile course that involves two short hill and two long loops. The footing is park-like with a surface that's mostly grass with a short stretch of dirt.
- **Race #4**
(The Horseshoe Course): A two loop three miler that involves some short, steep hills with periods of flat areas in between. Footing is mostly flat and the surface consists of grass, dirt and gravel. Running flats are recommended.
- **Race #5**
The same two mile course as race #1. Compare your time from the first race for improvement purposes.

Driving Directions:

1. From HWY 12 West (heading towards Naches), take the 40th Avenue Exit into Yakima.
2. Stay on 40th Ave. for about 1.5 miles and take a right on Summitview.
3. Continue west on Summitview for almost 10 miles (towards Cowiche).
4. While on Summitview, you'll eventually head down a steep grade into the Cowiche Valley (before you get to the city of Cowiche). At the bottom of the grade on the right is a log cabin called the Summitview Cowiche Veterinary Clinic. Take the right just past the clinic on Weikel Road.
5. Stay on Weikel for nearly a mile and turn right on Zimmerman Road.
6. After a mile up Zimmerman, turn left on Naches Heights Road.
7. Stay on Naches Heights Road for a ½ mile and turn left onto Wherry Road (there's a big red sign there to welcome you).
8. After a ¼ mile down Wherry Road, you'll see the course and signs for parking.

Contact race director for more information: Rick Becker (509)698-4445 (rpbeckers@fairpoint.net)

Summer Race Series Waiver

I know that running a cross country 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 the weather, including high heat and/or humidity, traffic 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, its officers and agents, the American Association of Running Clubs, the City and County of Yakima and any and all participating race sponsors and the director, officers, employees and agents of such parties, their representatives and successors 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, baby joggers, animals and radio headsets are not allowed in the race and I will abide by this guideline.

Name (print) _____

Signature _____

Date _____

Parent/guardian signature if under 18 _____