



Hard Core Runners Club

www.hcrunners.org

PRESENTS 32nd Annual Clear Lake Memorial Runs

SUNDAY June 20, 2010 9 a.m. Start 5 Mile Run/Walk & Round Mountain Half Marathon

Sponsored by:
MSI CONSTRUCTION INC
"Specializing in Lifetime Customers"

VAUX SHOES
"Healthy footwear for healthy feet"
&
PEAK PERFORMANCE
"Sports and Spine"

Dedicated to the memory of
THE BILL CAHOON FAMILY
HAROLD & JEAN WOOD
DICK GOODMAN
GENE HESS
CLIVE GREEN
DAVE FOWLER

All were avid runners while they lived.
They served as an inspiration for
many of us and they will not be
forgotten.

Location: On the Tieton Road 45 miles west of Yakima off Highway 12 (Clear Lake Turnoff).

Check in/Race Start: YMCA Camp Dudley Tieton Road Junction.

Date: Sunday, June 20, 2010

Registration: 7:30 a.m. ~ 8:30 a.m.

Start Time: 9 a.m.

Course: 5 mile run/walk "Around the Lake" on mostly blacktop road with 1.5 miles on gravel campground road. Gentle hills and beautiful mountain scenery. **Round Mountain Half-Marathon** includes "Around the Lake" with detour up Round Mountain on a dirt/gravel forest road and back. Minimum age 15 years, not for the novice or young runner. Road climbs 1000 feet in 4 miles. Spectacular scenery of the Goat Rocks in the Cascade Mountain Range. Washington's toughest Half-Marathon road race.

Awards: Special awards will be presented to the overall male and female winners in both events and to the top "3" finishers in each age division, men and women: 12 & under, 13-18, 19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

Water Stations & Bathrooms: Two on the 5 mile course and six on the half marathon course. Toilet facilities available at the start and finish areas.

YMCA Camp Dudley Finish Area

A **PANCAKE BREAKFAST** will be served 9:30 a.m. to 12:30 p.m. for all spectators and participants. Cost: Adults - \$6.00 Children (8 & under) - \$4.00. Hosted by the Yakima Y's Service club. Please pay at the breakfast.

Motel/Camping Accommodations: There are several US Forest Service campgrounds in close proximity. Those desiring motel accommodations can contact Silver Beach Motel located approximately 2 miles from Clear Lake. Call (509) 672-2500 and if you mention the Clear Lake Memorial Runs, you will receive a 10% discount.

Commemorative T-Shirt: Sport Tek Dry Zone moisture management running-tee (100% polyester). Designed & printed by John Steenberg from Bergen Screen Print.

Results: Results will be posted during and after the races and will be available on our website at www.hcrunners.org.

Event Rules: For the safety of all participants, bicycles, skateboards, baby joggers, wagons, roller/in-line skates, animals & radio headphones will be prohibited on the course during the events.

Race Contact: Eric Anderson (509) 961-4680
mturun1@gmail.com

32nd Annual Clear Lake Memorial Runs

REGISTRATION FORM - June 20, 2010 - 9:00 a.m.



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. NON REFUNDABLE

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

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

E-mail Address: _____ Phone (Day) _____

Age on Race Day: _____ Sex: M F

EVENT: (Check One) 5 Mile Run/Walk Half-Marathon Run (Minimum age 15)
 Race Contact: Eric Anderson (509) 961-4680 mtnrun1@gmail.com

EVENT FEES	
Pre-Registration	
Registration form and entry fee postmarked by June 9, 2010	
HCR Members	\$10.00 _____
Non-Members	\$12.00 _____
Children 12 & under free w/ registered adult	FREE _____
*Short-sleeved Moisture Management	
Running T-Shirt	\$14.00 _____
Shirt Size: (adult sizes only - sizes run large)	
___XS___S___M___L___XL___XXL	
Total Enclosed	\$ _____
Late Registration	
postmarked after June 9, 2010	
Registration Fee (all adults)	\$15.00 _____
Children 12 and under free w/ registered adult	FREE _____
No T-shirts available for late registration or day of race but can be ordered and mailed	
	\$16.00 _____
Total Enclosed	\$ _____
Make checks payable to: Hard Core Runners Club 4209 Avalanche Ave. Yakima, WA 98908	

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, U.S. Forest Service, 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, wagons, 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 _____