



# Hard Core Runners Club

www.hcrunners.org

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## SUNCITY —YAKIMA, WA—



### 1/2 Marathon & 5K

October 10, 2010

Sponsored by:



**MSI CONSTRUCTION, INC.**  
"Specializing in Lifetime Customers"



USATF WA-07033-MW  
USATF WA-07028-MW

**Location:** YAC Fitness (formerly Gold's Gym), 2500 Business Lane, Yakima, WA; Northbound - Exit 33 to Terrace Heights off I-82 or southbound - Exit 33B, east to North Keys Road, left at light, right on Business Lane. Shower facilities will be available.

**Date:** Sunday October 10, 2010

**Distance & Start Times:**

*Both courses are USATF certified distances*

1/2 Marathon (13.1 miles): Walk 8:00 am

1/2 Marathon (13.1 miles): Run 9:00 am

USATF WA-07033-MW

5K (3.1 miles): 9:20 am

USATF WA-07028-MW

\*Courses will close at 12:00 p.m.

**Awards:** Special awards for first overall male and female winners in 1/2 marathon and 5K. Top three places in each age group will receive an award. Age groups include: 1-8, 9-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

**Water Stations & Bathrooms:** Water stations will be located on the 1/2 marathon course at the 3 mile, 6 mile, and 10 mile marks. Honeybuckets will be located at mile 3 and mile 10. \*Aid stations close at 11:30 a.m.

**Finish Area:** Refreshments will be available to all participants.

**T-Shirts/Sweatshirts:** Commemorative technical fabric T-shirts or sweatshirts are available for purchase. Remember to mark your size on your entry form. **No T-shirts or sweatshirts available for late registration & day of race.**

**Results:** Race results will be available to all participants within one week: [www.hcrunners.org](http://www.hcrunners.org)

For the safety of all participants, bicycles, skateboards, baby joggers, roller/inline skates, or animals will be prohibited on the course during the events.

**Hotel/Motel Accommodations**  
(Within one mile of the race start.)

**Oxford Inn,** 1603 Terrace Heights Drive, North Bound-exit 33, South Bound-exit 33-B, (800) 521-3050;

**Oxford Suites,** 1701 Terrace Heights Drive, North Bound-exit 33, South Bound-exit 33-B, (800) 404-7848;

**Howard Johnson Plaza,** 9 North 9th Street, North Bound-exit 33, South Bound-exit 33-B, (509) 452-6511;

**For More Information:**

Please contact the race director:

Kate Soldano - [ksoldano@almon.com](mailto:ksoldano@almon.com) or  
(509) 949-0067