



Race Day Information Saturday, February 23, 2013

Course Description

Starting in historic downtown La Conner, this timed 5K & 10K certified course is flat and winds through Skagit Valley farmlands.

Schedule

- 8:30 am** Registration & number pick-up OPENS
- 9:30 am** Kids Dash Starts
- 9:45 am** Registration CLOSES
- 10:00 am 5K & 10K Race Starts**
- 10:00 am 2M Walk Starts**

- Bib numbers, T-shirts, course map/directions available inside gymnasium.
- Water available on 10K course.
- Showers, hot soup & refreshments provided post-race for all runners.

Awards

- 5K/10K Awards Ceremony including raffle immediately follows race.
- Top male and female runners in 5K & 10K run will be awarded the Grand Smelt Trophies and special gift certificates.
- Ribbons awarded to the top three finishers in each age group.
- Age divisions include: 10 yrs & under, 11-14 yrs, 15-19 yrs, 20-29 yrs, 30-39 yrs, 40-49 yrs, 50-59 yrs, 60-69 yrs, 70+ yrs old

Directions

La Conner Middle School 305 N. 6th Street

From I-5 Southbound

Take Exit 230 toward Anacortes. Turn left onto La Conner-Whitney Rd. At the roundabout, take 1st exit onto Morris St. Turn right onto N 6th St.

From I-5 Northbound

Take Exit 221. Turn left over the Freeway. Turn right onto Fir Island Rd. Fir Island Rd becomes Best Rd. Turn left onto Chilberg Rd. Enter roundabout, take 2nd exit onto Morris St. Turn right onto N 6th St.



Walk the Dog

on the 2 Mile Family Walk. Dogs on a leash are welcome to participate. Good exercise for all!



Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Email _____ Contact Phone _____

Birthdate _____ Age on Race Day _____ Sex M F

Run / Walk Choice

- 10K Run 5K Run
- 2M Walk Kids Dash

Pre-Registration: until 2/18; add \$5 after 2/18

- 5K /10K Run (age 8+)
 - Run Only - \$25.00
 - Run with Shirt - \$45.00

- 2M Family Walk (age 8+)
 - Individual Walk Only - \$15.00
 - Individual with Shirt - \$35.00
 - Family Walk Only - \$30.00

(up to 4 family members - Dogs on leash welcome)

- Kids Dash
 - 18 months - 8 years old - FREE

Event T-Shirt (limited quantity on day of race)

Turn to the back for a t-shirt example.

Please circle one adult size: S M L XL

_____ x \$20.00 = \$ _____
QTY (\$25.00 day of) T-SHIRT TOTAL

\$ _____ + \$ _____ = \$ _____
RUN/WALK TOTAL T-SHIRT TOTAL TOTAL DUE

- Check Enclosed (Payable to: Skagit Symphony)
- Visa / Mastercard

Card # _____ Exp. Date _____

Print Name _____

Signature _____

Mail-In Form:

Clip and return registration form & fee.

Payable to: Skagit Symphony

P.O. Box 1302 Mount Vernon, WA 98273

OR Register Online: www.active.com

ONE FORM PER PARTICIPANT

Waiver

I assume all risks and hazards of the conduct of the program, recognizing the hazards attendant to any road running event. In case of injury or damages, I do hereby release and hold harmless the City of La Conner; its elected and appointed officials and employees; the Skagit Symphony; La Conner Rotary; Skagit County; and La Conner School District; the organizers, sponsors, supervisors, or any volunteer connected with the program from any and all claims, injuries, damages, losses or suits, including attorney fees, arising out of or in connection with the program. I agree to abide by any decision of an appointed medical official relative to my ability to complete the run. In the absence of signature, payment of fees and participation in the program shall constitute acceptance set forth in the release.

I grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program for any Smelt Run informational or promotional use.

Date _____

Signature of Participant (Parent/Guardian if minor) _____