

# 5TH ANNUAL

## WHITE RIVER 5K RUN & WALK

[www.whiteriver5k.com](http://www.whiteriver5k.com)

A portion of the proceeds from the race will go to White River High School Cross Country Team. Your participation will help young athletes enjoy the wonderful activity and joy of running.

# FLEET FEET

*Sports*

## June 20, 2009



Sheets Stadium @  
Glacier Middle School

REGISTRATION: 7AM • RACE: 8AM

USATF Certified

Fleet Feet Sports  
19685 STATE ROUTE 410 EAST  
BONNEY LAKE, WA 98391

TO:

Place  
Stamp  
Here

For help with printing, art, or ribbons, Race Directors call **DATABAR!** 253.770.7338 x 253

Fits into a #10 Window Envelope

Fleet Feet Sports  
19685 STATE ROUTE 410 EAST  
BONNEY LAKE, WA 98391

# FLEET FEET

*Sports*



# WHITE RIVER 5K RUN & WALK

## JUNE 20, 2009

### TIME

7:00am Day of Race Registration Starts  
8:00am Starting Time

### COURSE DESCRIPTION

The Run & Walk will begin in the football stadium (on the track), it then takes you to Main Street in downtown Buckley and onto a flat 5K course which includes part of the paved Foothills Trail. Then you will be passing through parts of scenic, residential Buckley with views of Mt. Rainier. The race finishes back at the stadium with approximately 3/4 of a lap around the track, finishing in front of the grandstands.

### WHY THIS RACE IS SPECIAL

Buckley is a small town situated in the foothills of Mt. Rainier. There is a rich history of agriculture and logging in the community. Spending a weekend, or a day in the shadow of Mt. Rainier, with several unique events makes for a nice mini-vacation.

### RACE ORGANIZERS

The race will be sponsored and directed by Fleet Feet Sports and its staff. Contact Paul Morrison at: 253.862.8890 or Email [staff@fleetfeetbonneylake.com](mailto:staff@fleetfeetbonneylake.com). Check out the website too: [www.fleetfeetbonneylake.com](http://www.fleetfeetbonneylake.com).

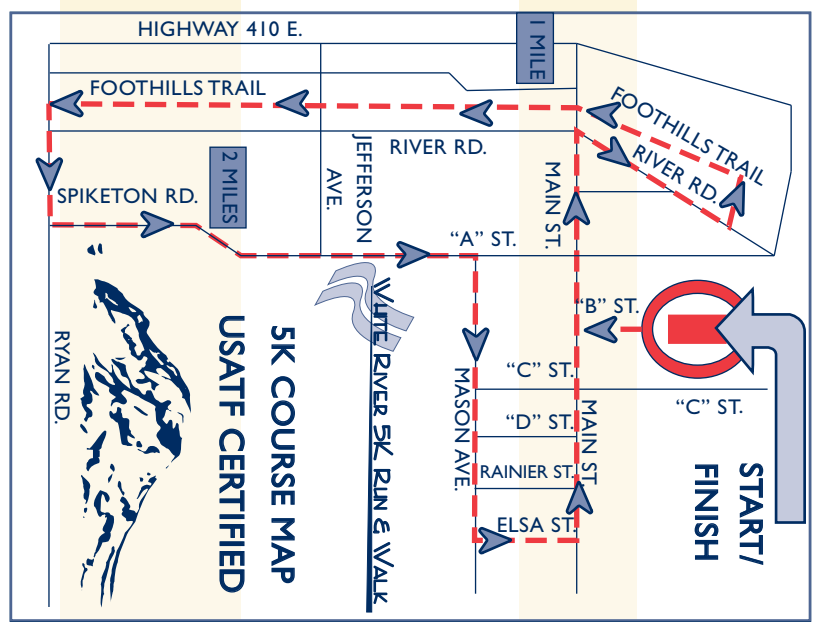
### AWARDS

Awards for the top five male and female finishers in each age division will be given. There will also be a plaque awarded to the top overall male and female finishers.

### DRAWINGS & PRIZES

Merchandise and other prizes will be awarded by random selection following the race. The prizes will be provided by sponsors of the event.

For more information please visit [www.whiteriver5k.com](http://www.whiteriver5k.com)  
You can sign-up at [databarevents.com](http://databarevents.com) as well.



### COURSE DETAILS

The course starts in Sheets Stadium on the track. After almost one lap, you will leave the stadium on "B" Street and take a RIGHT onto Main Street in Buckley. Continue on Main Street until you reach River Road. Take a RIGHT, passing the front of the White River School District Administrative Building. Turning LEFT, you will enter the Foothills Trail behind "Wally's" Restaurant, a landmark on highway 410. The Foothills Trail crosses Main Street. You are near the 1 MILE mark at this point. Continue on Foothills Trail until you reach Ryan Road, where you will take a LEFT, crossing River Road and continuing until you reach Spiketon Road. Take a LEFT on Spiketon Road and you will soon be crossing the 2 MILE mark in the race. Spiketon Road will become "A" Street from which you will take a RIGHT on Mason Avenue, continuing through the side streets of Buckley until reaching Elsa Street, where you will take a LEFT, which will lead you back on to Main Street. At Main Street take a LEFT and return to "B" Street where you will enter the stadium again for about 3/4 of a lap around the track, finishing at the end of the stadium in front of your fans. The Course is measured at 3.1 miles or 5 kilometers.

LAST NAME: [ ]  
 FIRST NAME: [ ]  
 M.I.: [ ]  
 PHONE NUMBER: [ ]  
 STREET ADDRESS: [ ]  
 CITY: [ ]  
 STATE: [ ]  
 ZIP CODE: [ ]  
 AGE ON 6/21/08: [ ]  
 BIRTHDAY: [ ]  
 REGISTER WITH:  VISA  MASTERCARD  
 GENDER:  M  F  
 SHIRT SIZE:  SMALL  MEDIUM  LARGE  X-LARGE  
 CARD NUMBER: [ ]  
 EXP. DATE: [ ]

Early Bird Special (before 6/10/09) T-Shirt Included	\$18.00
Day of race entry (no guarantee that T-Shirt will be available). You can sign-up at <a href="http://databarevents.com">databarevents.com</a> as well.	\$20.00
<b>TOTAL</b>	\$ [ ]

OR MAKE CHECKS PAYABLE TO: FLEET FEET SPORTS AND MAIL WITH THE APPROPRIATE FEE TO: 19685 STATE ROUTE 410 EAST, BONNEY LAKE, WA 98391  
IN STORE REGISTRATION IS AVAILABLE AT FLEET FEET BONNEY LAKE

**DECLARATION/STATEMENT OF RELEASE: (MUST BE SIGNED TO BE ACCEPTED)**  
In consideration of the acceptance of my entry, for myself, and my heirs and assigns, intending to be legally bound, do hereby waive and release any and all rights and claims for damages that I may have against Fleet Feet or its staff, volunteers, agents and co-sponsoring groups as a result of my participation in this event. I verify that I have full knowledge of the risks involved and I attest that I am physically fit and sufficiently trained to participate in this race.  
Signature \_\_\_\_\_ Parent Signature (if under 18) \_\_\_\_\_

