



**32nd Annual Friday Harbor 8.8K Loop Run
August 15, 2009 - 9:15 am**

Join us for this fun run and/or walk for people of all ages and ability! This event, known previously as the Record Run and the Journal Run, is **cooperatively organized by San Juan Island Fitness Club and Island Rec.**

WHEN AND WHERE: The race begins at **9:15 am on Spring Street in front of Friday Harbor Drug**, goes through town on Warbass to Turn Point, to Pear Point to Argyle and ends inside the gate of the Fairgrounds. Entrance to the fair the day of the race is included in the registration price! Participants who register before July 31st get a free t-shirt! **Awards** will be presented at 11:00 am on the entertainment stage at the Fair.

Why: Last year children of our community were able to benefit from the Children’s Scholarship Funds at San Juan Island Fitness and Island Rec because of race proceeds. Let’s put the money to work for them again!

Entry Fees: See below. All entry fees include entrance to the fair.

REGISTER: Complete the form below and mail it with payment to Island Rec, PO Box 1946, Friday Harbor, WA 98250. Registrations and payments can be dropped off at San Juan Island Fitness at 435 Argyle, or Island Rec at 580 Guard Street. Registrations forms can also be found on www.islandrec.org and to pay by credit card go to www.active.com

Day of the race: Pick up your Race# at Wells Fargo Bank, at the “V” on Spring St. 7:30-9:00 am

More information: Call Island Rec at 378-4953

32nd Annual Friday Harbor 8.8K Loop Run 2009

First Name _____ Last Name _____ DOB _____ Male/Female _____

Mailing Address: _____ City _____ State _____ Zip _____ Daytime Phone: _____

Fees: **Early Discount:** By July 31: \$10 for children 12 & under, \$15 others
Regular Fee: Aug1 – Aug 15 : \$15 for children 12 & under, \$20 others

Amount enclosed \$..... includes free T-Shirt: Please circle size YS YM AS AM AL AXL

Waiver of Liability: All participants must read the following statement and sign below before submitting the registration form. In consideration of you accepting my entry, I release and discharge San Juan Island Park and Recreation District, San Juan Island Health Club Inc and all of its agents, volunteers, employees, all co-sponsors, and San Juan County from any and all liability arising from illness, injuries, disabilities, damages and death that I may suffer as a result of traveling to or from, or participating in this event. I know there are risks of serious injury, disability or illness in this strenuous race. I believe that I have sufficiently trained for participation in this event. In signing this document, I intend to bind my successors and assigns or anyone acting on my behalf and further shall save and hold harmless all of the parties named above. If participant is under 18 years of age, the parent’s signature on this entry form is acknowledgment by the parent or guardian of the child that allowing my child’s participation in the race is adequate consideration for the rights given up for myself and on behalf of my child.

Signature _____ Date: _____

Signature of participant required. If participant is under 18, signature of parent or guardian is required.