

Interurban Runners Club
IRC Summer Series
P.O. Box 24882
Federal Way, WA 98093-1882

Place
Stamp
Here

TO:

4 Races in 4 Months!

www.interurbanrunners.net

Mother's Day 5k

May 7, 2008

Plus Gift Giveaways

For Everyone!

Father's Day 5k

June 11, 2008

Plus Gift Giveaways

For Everyone!

Mid Summer Run

5k & 8k

July 9, 2008

Barbeque Afterwards

Included!

Summer Sizzler

5k & 8k

August 13, 2008

Root Beer Floats For All!

All Races Held @
3 Friends Fishing Hole Park

5K USATF Certified
IRC Summer Race Series

For help with printing, art, or ribbons, Race Directors call

DATA BAR

253.770.7338 x 253

FLEET
SPORTS
BONNEY LAKE

Fits into a # 10 envelope

Interurban Runners Club
IRC Summer Series
P.O. Box 24882
Federal Way, WA 98093-1882


Interurban
Runners Club

IRC Summer Series

Sign up for all 4 races you get a FREE Interurban Runners Club membership for 1 year!

The Interurban Runners Club

is an organization for runners of all ages and abilities. The club provides the opportunity to meet other runners and improve running performance through regular workouts. The Club also organizes social gatherings and outings for members, their families and friends. Everyone is welcome!

Directions to Three Friends Fishing Hole Park

From I-5: Take the 188th Street/Orillia Road exit. Drive toward the Kent Valley (Orillia Road). At S. 200th St. intersection (traffic light), turn Left and travel approximately 1/2 mile. The Park is on the Right, right after the river overpass.

From the East: take West Valley to 196th, and go West (196th becomes Russell Road). Follow until you come to 58th Pl S. Street (traffic light) just before the bridge over the river. Park entrance is on the Left before you cross the river overpass.

Course Description

Course runs along the scenic Green River on a paved bike path. The course is totally flat and the 5k is USATF Certified.

Awards

There will be awards for the overall winners and winners in each age group.

Pricing

Mother's Day 5k	\$10.00
Father's Day 5k	\$10.00
Mid Summer Run 5k & 8k	\$10.00
Summer Sizzler 5k & 8k	\$10.00

Sign up for all 4 races and get a Free IRC 1 year membership!

Time & Dates

All Races are held on a Wednesday @ 6:30pm

Mother's Day 5k • May 7, 2008
 Father's Day 5k • June 11, 2008
 Mid Summer Run 5k & 8k • July 9, 2008
 Summer Sizzler 5k & 8k • August 13, 2008

Age Categories

10 year age groups

Questions

For more details visit the website at:
www.interurbanrunners.net or contact John Kokes at 206.619.4231.

Extras

Mother's Day Run	Gift giveaway
Father's Day Run	Gift giveaway
Mid Summer Run	Brauts and veggie burgers for all afterwards
Summer Sizzler Run	Root beer floats for all afterwards

The Interurban Runners Club Membership Application And Renewal Form

Name(s) _____

Address _____

City _____ State _____ Zip _____

Email _____

Day Phone _____

Evening Phone _____

Please do not list my number in the directory

Date of Birth (mm-dd-yyyy) _____ - _____ - _____

New Membership Renewal

Type of Membership

Individual (\$15)

Family (\$17)

Student (\$5, must be in school/college)

Please Indicate Interests

Regular Workouts Relays

Marathons Ultra Runs

5 & 10k Races

Waiver: I, my heirs, executors, administrators, and assigns waive, release and discharge any and all rights or damages against the Interurban Runners Club (IRC) and its sponsors, directors and agents for all claims arising or resulting from traveling to or from and participating in IRC events. I attest that I have full knowledge of the risks involved in running and that I am physically fit and sufficiently trained to participate.

Signature (Parent or Guardian if under 18) _____ Date _____



Please make checks payable to:

Interurban Runners Club

Mail to:

Interurban Runners Club

Membership Coordinator

P.O. Box 24882

Federal Way, WA 98093-1882

Race Entry Form

Last Name		First Name		City		State		Zip Code	
Street Address		Phone Number		City		State		Zip Code	
Gender	Age On	Age On	Age On	Age On	Age On	Age On	Age On	Age On	Age On
	5:9:07	6:13:07	7:11:07	8:15:07					
Email Address		Email Address		Email Address		Email Address		Email Address	
Interurban Runners Club		Interurban Runners Club		Interurban Runners Club		Interurban Runners Club		Interurban Runners Club	
IRC Summer Series		IRC Summer Series		IRC Summer Series		IRC Summer Series		IRC Summer Series	
P.O. Box 24882		P.O. Box 24882		P.O. Box 24882		P.O. Box 24882		P.O. Box 24882	
Federal Way, WA 98093-1882		Federal Way, WA 98093-1882		Federal Way, WA 98093-1882		Federal Way, WA 98093-1882		Federal Way, WA 98093-1882	

Sign up for all 4 races and get a 1 year membership to IRC for FREE!	
<input type="checkbox"/> Mother's Day Run	\$10.00
<input type="checkbox"/> Father's Day Run	\$10.00
<input type="checkbox"/> Mid Summer Run	\$10.00
<input type="checkbox"/> Summer Sizzler Run	\$10.00
TOTAL	\$



Mail With Appropriate Fee To: Interurban Runners Club
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 P.O. Box 24882
 Federal Way, WA 98093-1882

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 the Interurban Runners Club, its officers, 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) _____