

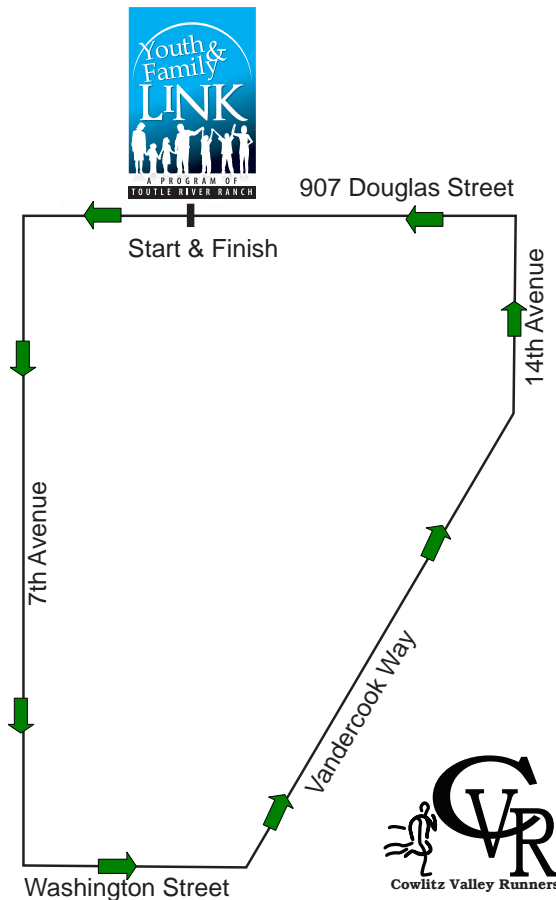
Directions:

**I-5 from North & South**

Take Exit 36 to Longview, follow Tennant Way approximately 3 miles, turn right on 7th Avenue, go .2 miles to Douglas Street, turn left 2 blocks to Youth & Family Link on the left.

Course:

This is an extremely fast 5k course that always produces personal records. Start & finish will take place at Youth & Family Link. The course is completely flat and has excellent lighting.



803 Vandercook Way  
Longview, WA 98632

# Cowlitz Valley Runners

Presents



*FINISHER MEDAL FOR ALL!*

Saturday December 31, 2011  
3 on 3 Basketball 7-9:00 pm  
Run/Walk 1:50 pm

Start at Youth & Family Link  
907 Douglas Street  
Longview, Washington

PROCEEDS BENEFIT



[www.cowlitzvalleyrunners.org/year2year.htm](http://www.cowlitzvalleyrunners.org/year2year.htm)

**Welcome to the 30th Annual family friendly  
Year to Year 5k Run & Walk.**

**When:**

The Year to Year Run/Walk will start at precisely 11:50 on Saturday, December 31, 2011.

3 on 3 Basketball Tournament:  
Sign up and participate in the 3 on 3 basketball tournament. 7-9:00 pm,  
\$10 Per person.



**Where:**

Start & Finish will take place at Youth & Family Link, 907 Douglas St. Longview, Washington.

**Post Race Activities:**

Finisher medals awarded as you cross the line. At 12:45 we will award the prizes for the fastest male and female runners. Then it's a wrap!

**SPONSORS**



**Proceeds will benefit Youth & Family LINK & Safe Family Ministries.**

**Runners and walkers must wear reflective clothing and or carry a flashlight or other lighting device.**

**Entry Fee:**

- \$7.00 (\$12 Day of Race) Children 10 and under
- \$12.00 (\$17 Day of Race) Registration fee for age 11 and older.
- \$36.00 Registration with Youth Sweatshirts S ~ L
- \$39.00 Registration with Adult Sweatshirts S ~ XXXL  
(XXL thru XXXL are an additional \$5.00.)

As usual, people will want sweatshirts the night of the run. Because of the high cost of sweatshirts we are not able to purchase many extras. We strongly encourage you to order your sweatshirts by registering by December 23, 2011.

For more info: **Mike Vorse 360.577.3257**  
**mcvorse@MinutemanPress.com**  
**CowlitzValleyRunners.org**

**\$5.00 OFF**

*Cowlitz Valley Runners  
Club Members.*



**Registration:**

You can register in person the night of the run or by mail.

**Make checks payable to  
Cowlitz Valley Runners.**

**By mail: Year to Year 5k Run/Walk  
803 Vandercook Way  
Longview, WA 98632**



**In Person: Friday, December 31, 2011  
9:00-11:30 p.m.  
Youth & Family LINK  
907 Douglas, Longview**

**Sweatshirt Pick-up:**

2011/2012 sweatshirts will be available on the night of the run beginning at 9:00 p.m. for participants who pre-ordered.

\$7 Pre-Registration (\$12 day of) fee for age 10 and under  
 \$12 Pre-Registration (\$17 day of) fee for age 11 and older (Postmarked by December 23rd)  
 \$36 Pre-Registration with Hooded Youth Sweatshirt (advance payment required to get a sweatshirt prior to run)  
 \$39 Pre-Registration with Hooded Adult Sweatshirt (advance payment required to get a sweatshirt prior to run) (Postmarked by December 23rd)

NAME \_\_\_\_\_ STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 DAY PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

SWEATSHIRT SIZE: ADULT S M L XL XXL (+\$5) XXXL (+\$5)  
 SWEATSHIRT SIZE: YOUTH S M L

I know that running in a road race, or participation in an organized walking event, regardless of the distance, includes an element of risk. I agree to abide by any decision of a race official relative to my ability to complete this event safely and I further agree that event officials may authorize necessary emergency treatment for me which I agree to pay for. I also understand that although police protection will be provided, both vehicle traffic and spectators may be present along the course and I assume the risk of participation under such conditions. I further assume any and all risks associated with participation in this event including, but not limited to illness, traveling to and from the event, falls, contact with spectators or other participants, the effect of the weather (including temperature extremes) and the surface conditions of the road and sidewalks. All such risks are understood and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else, who might claim on my behalf, covenant not to sue, I waive, release and discharge Cowlitz Valley Runners Club, the City of Longview, event officials, volunteers and any other sponsors, suppliers, agents, independent contractors, employees and any other personnel in any way assisting or connected with this event from any and all claims of liability or any kind of nature whatsoever arising out of my participating in this event. I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes, my name or pictures of me participating in this event, without liability or obligation to me.

ENTRIES FROM A MINOR WILL BE ACCEPTED WITH PARENT'S OR LEGAL GUARDIAN'S SIGNATURE \_\_\_\_\_ X  
 Signature of legal guardian (for Athlete under the age of 18)

\_\_\_\_\_ X  
 Signature of athlete