

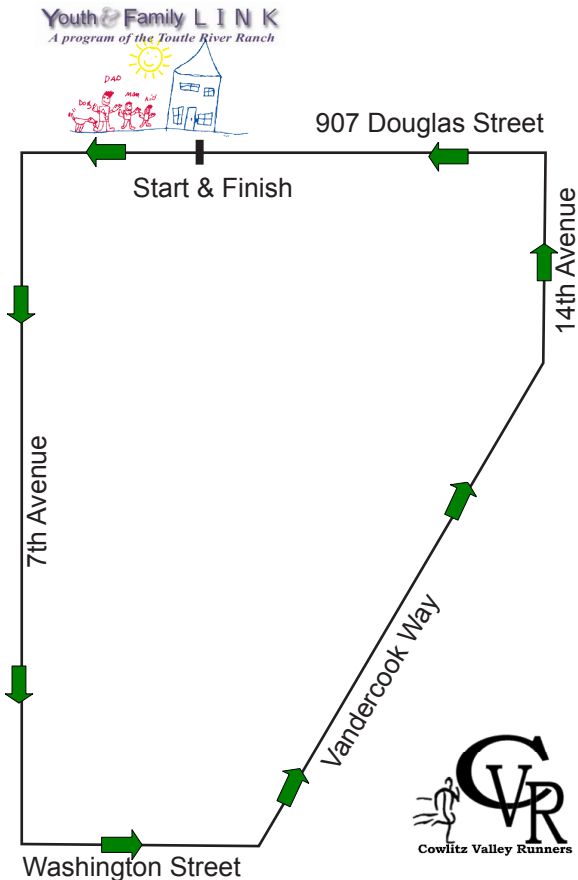
Directions:

I-5 from North & South:

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

Course:

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



THE TWENTY-EIGHTH ANNUAL
2009 / 2010
**YEAR
TO YEAR**

PO Box 2392
Longview, WA 98632

Cowlitz Valley Runners Presents

THE TWENTY-EIGHTH ANNUAL
2009 / 2010
**YEAR
TO YEAR**
5000 METER FUN RUN / WALK



Thurs., December 31, 2009 • 11:50 pm

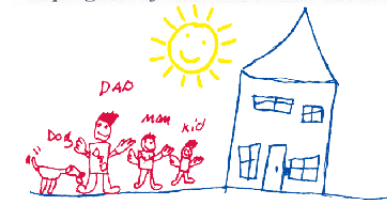
Youth & Family LINK

@

907 Douglas St.
Longview, Washington

Proceeds Benefit:

Youth & Family LINK
A program of the Toutle River Ranch



**5,000 METER
RUN / WALK**

www.cowlitzvalleyrunners.org/year2year.htm

Registration for 10 and under (free)
 \$10 Registration fee for age 11 and older
 \$34 Registration with Hooded Youth Sweatshirt
 \$37 Registration with Hooded Adult Sweatshirt
 Registration by MAIL must be received by December 22nd
 (advance payment by 12/9 required to get a sweatshirt prior to run)
 SWEATSHIRT SIZE: YOUTH S M L XL
 SWEATSHIRT SIZE: ADULT S M L XL XXL XXXL
(XXXL is an extra \$2)

NAME _____ STREET ADDRESS _____ CITY _____ STATE _____
 PHONE _____ DATE OF BIRTH _____ AGE _____ SEX (M/F) _____
 E-MAIL _____

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 or 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.

X _____ SIGNATURE OF ATHLETE

X _____ SIGNATURE OF LEGAL GUARDIAN (for Athlete under the age of 18)

More Information

If you have any questions regarding the fun, please contact:

Cathy Slater
360-749-3927
 macaslater@msn.com

Becky Hunter
360-430-0745
 bdati2d@q.com

Event:

Welcome to the 28th Annual Year to Year Run/Walk. Proceeds will benefit Youth & Family LINK & Girls On The Run. We would like to invite you to participate in the celebration of the New Year while helping our community.

When:

The Year to Year Run/Walk will start at precisely 11:50 on Thursday, December 31, 2009. Be sure to bring your favorite noisemaker so you can add to the excitement on the course. Costumes are encouraged and add to the fun!

Where:

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

Family Event:

This is a family fun run/walk. Prizes will be awarded for Biggest Team, First Guy to finish and First Gal to finish (Adult and Youth).

Pre Race Activities:

Visit with old and new friends and enjoy the fun.

Post Race Activities:

Immediately following the finish of the last participant we will award the prizes for Biggest Team, First Guys to finish and First Gals to finish. Then it's a wrap!

Entry Fee:

FREE Children 10 and under free
 \$10.00 Registration fee for age 11 and older
 \$34.00 Registration with Youth Sweatshirts S ~ XL
 \$37.00 Registration with Adult Sweatshirts S ~ XXXL
XXXL is an additional \$2.00

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 9, 2009.

\$4.00 off for 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.**

Registration by MAIL must be received by December 22nd

By mail: Year to Year Run/Walk
 PO Box 2392
 Longview, WA 98632

Online: **www.active.com** (until Dec. 30th)

In Person: Thursday, December 31, 2009
 9:00-11:30 p.m.
 Youth & Family LINK
 907 Douglas, Longview

Sweatshirt Pick-up:

2009/2010 sweatshirts will be available on the night of the run beginning at 9:00 p.m. for participants who pre-ordered. Runners and walkers must wear reflective clothing and or carry a flashlight or other lighting device.