

Skagit County Parks & Recreation
1730 Continental Place
Mount Vernon, WA 98273
360-416-1350 www.skagitcounty.net/parks

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Skagit County
Flood Awareness
5k Fun Run
Sept. 28, 2019
At Skagit Valley Softball
Fields
Mount Vernon, WA

COURSE MAP



Preparedness & Prevention
Fair to follow 5k

Federal, State, and Local Agencies as well as other community organizations are coming together to help residents of Skagit County understand the importance of preparedness and prevention. Bring your family and have fun while learning about how to prepare and respond to emergencies!

Location: Skagit Valley College at Tollefson Plaza

FREE Admission: 10:00 am – 3:30 pm

THE RUN FOR THE HILLS FUN RUN is a race open to all age groups. The event will kick off the week of Flood Awareness for Skagit County. Individuals under the age of 18 are required to have parental consent signatures to participate. The course is intended to be a fun 5k that will follow the theme of understanding flood awareness to *Run for the Hills*. It will start and end at the Skagit Valley Softball Fields, on Saturday, September 28, 2019 from 9:00 AM until 12:00 PM. Following the race will be a FREE Preparedness & Prevention Fair at Tollefson Plaza hosted by Skagit County Department of Emergency Management.

RULES AND REGULATIONS

1. **Mail in registration deadline is Friday, September 20th. There will be day of race registration.**
2. The day of the event you may check in at the softball fields of Skagit Valley Community College from 7:45 AM until 8:30 AM.
3. The race course will be officially closed at 12:00 PM. All participants who have not completed the race may do so at their own risk.
4. Ribbons will be presented at the completion of the Fun Run.
5. First Aid/Refreshment Stations will be provided at the start and finish area.

RUNNING



1. Run is a 5K course.
2. All runners must stay on the course and follow the directions of the volunteers and course markings.
3. Runners may not pass other runners in the finish chute after crossing the finish line.

YOUTH RUNNING

Preregistrations requested, but day of race registrations are allowed. Parents are encouraged to participate with youth to cheer them on along the way.

DIRECTIONS

Physical Address:
2700 Martin Road
Mount Vernon, WA 98273

I-5 North

Take I-5 exit 227 in Mount Vernon (College Way/Hwy 538). At stop sign turn east (right) on to College Way and head east into town (about 1.9 miles) until Market Street. Turn Left onto Market Street (.05 mi). Quick right onto Steward Road that will continue onto Hoag Road, which becomes Martin Road and the destination will be on the left. Parking will be directly to right in the Skagit Valley Softball Fields.

I-5 South

Take I-5 exit 227 in Mount Vernon (College Way/Hwy 538). Turn right onto W College Way and then take a quick right at the 1st cross street onto Freeway Dr. In .5 mi turn right onto Steward Road that will become Hoag Road and continue on that road as it becomes Martin Road. The Destination will be on the right and parking is found in Skagit Valley Softball Fields.

PARKING

Parking will be located at the playfields.

FOR ADDITIONAL INFORMATION, CONTACT US AT:

Skagit County Parks & Recreation

1730 Contiental Place
Mount Vernon, WA 98273

360-416-1350

E-mail: parksrec@co.skagit.wa.us

Web: www.skagitcounty.net/parks



REGISTRATION FORM

ENTRY FEE: (please check either Individual or Youth)

- ▶ **INDIVIDUAL** = **\$20.00** by 9/23 or **\$25.00** after 9/23
▶ **YOUTH** = **\$15.00** BY 9/23 OR **\$20.00** AFTER 9/23 OR DAY OF RACE

BENEFITING SKAGIT COUNTY VOLUNTEER EMERGENCY WORKERS PROGRAMS

REGISTRATIONS REQUESTED BY: WEDNESDAY, SEPT. 25TH
THERE WILL BE DAY OF RACE REGISTRATION BEFORE 8:30 AM.

INSTRUCTIONS: Complete and sign entry form. Enclose check, Money Order or write in Visa or MasterCard number on registration form. Send Registration form to: **Skagit County Parks & Recreation**

Attn: DEM Flood Awareness Run
1730 Continental Place
Mount Vernon, WA 98273

parksrec@co.skagit.wa.us
360-416-1350 Office
360-336-9493 Fax

PERSONAL INFORMATION

Please fill in all information! (Please print legibly!)

Name: _____

Address: _____

City: _____

State/Province: _____ Zip: _____

PM Phone: _____ Phone #2: _____

E-mail: _____

Male Female Age: _____

Birthdate: ____ / ____ / ____

COMMEMORATIVE SHIRT SIZE (Adult Sizes Only):

XS Small Medium Large XL XXL

Age Divisions (Please Check One):

17 & Under (Parental Signature Required) 18-19 20-24
 25-29 30-34 35-39 40-44 45-49
 50-54 55-59 60-64 65-69 70+

Participant Waiver (must be signed)

In consideration of your accepting my entry, I hereby for myself, my child or children when applicable, my heirs, executors and administrators waive and release any and all rights and claims for damages I or my child(ren) may have against Skagit County through Skagit County Parks and Recreation and its representatives, successors or assignees for any and all injuries suffered by myself or my child(ren) while going to, participating in, or returning from this activity. I have read this statement and my signature below verifies my and my child's acceptance of these conditions.

Signature: _____
(parent must sign if under 18 years old)

PAYMENT METHOD (please check one):

Check Amount Paid: \$ _____

Visa MasterCard Cash (S.C.P.R. Office Only)

Card #: _____

3-Digit Code (from back): _____ Exp. Date: _____

Signature: _____

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