

REGISTRATION INFORMATION

Register by 9 p.m. July 11, 2019

Run/Walk Only\$15

Run/Walk with Technical T-shirt\$30

Shirt order deadline June 7

* **FREE Registration** for participants age 60 and over.
For a T-shirt please include \$15

Day of Race Registration

Run/Walk Only\$20

No shirt on race day

Early Bird Packet Pick up: Pick up your number and shirt at RoadRunner Sports at Kent Station **July 10**, 3-7 p.m.
(Bib numbers will also be available on race day)

RACE DAY INFORMATION

7:30 a.m. Three Friends Fishing Hole, 20025 Russell Road
Day of race registration/number pick up

9:00 a.m.5K Race/Walk starts

PARKING

Parking is available at Iron Mountain Storage, 20025 Russell Road and Columbia Distributing, 20301 59th Pl. S. You will see signs directing you into the lot.

SO. KING CHALLENGE

The Cornucopia Days Run is part of a four-race series. Complete three of four races and be eligible for some great prizes and take home a medal! A big thank you goes to Outpatient Physical Therapy for helping make it happen. To see all four races go to outpatientpt.com/sokingchallenge

SPECIAL THANKS TO OUR SPONSORS:



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Kent Parks, Recreation and Community Services
 Kent Commons - Registration
 525 4th Avenue North
 Kent, WA 98032-4497



Kent Parks, Recreation & Community Services



SATURDAY, JULY 13 | 9 A.M.

Participants age 60 and over run for FREE!
Shirt order deadline June 7

Courtesy of  Since 1958

Three Friends Fishing Hole








RACE LOCATION

Three Friends Fishing Hole

20025 Russell Road

I-5 Northbound from Tacoma

- Head N on I-5
- Take Exit 152 for S 188th St/Orellia Rd
- Turn right at light to S 188th – becomes Orellia Rd S
- Turn left on to S. 200th St. (light)
- Follow for .5 mile
- Just over river race parking on right

Northbound 167 from Auburn

- From NB Hwy 167, take Willis St Exit
- Turn left at light on to Willis St
- Turn right on to Washington Ave
- Follow for 2.5 miles
- Turn left on S 196th
- Follow for one mile – parking on left

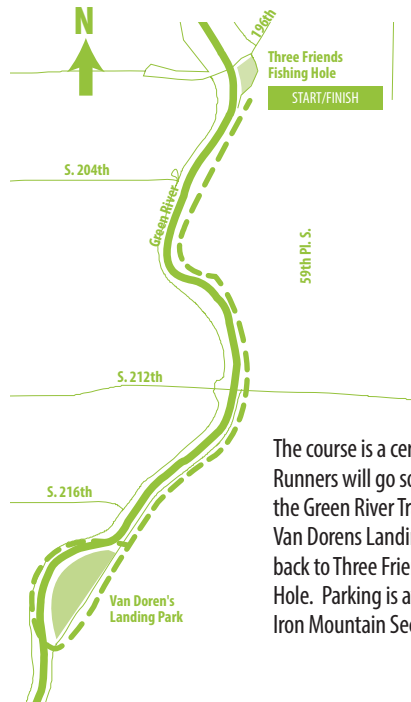
I-5 Southbound from Seattle

- Head S on I-5
- Take Exit 152 for S 188th/Orellia Rd
- Turn left at light to S 188th – becomes Orellia Rd S
- Turn left on to S 200th St (light)
- Follow for .5 mile
- Just over river race parking on right

Southbound 167 from Renton

- From SB Hwy 167, take East Valley Hwy Exit
- At light, turn left on to East Valley Hwy
- Follow for 1.5 miles
- Turn right on S 196th and follow 2 miles
- Parking on left

COURSE MAP



The course is a certified loop. Runners will go south along the Green River Trail, around Van Doren's Landing and return back to Three Friends Fishing Hole. Parking is available at Iron Mountain Secure Storage.

RETURN REGISTRATION FORM AND FEE TO: Kent Parks, Registration, 525 4th Avenue North, Kent, WA 98032-4497



5K RUN/WALK Saturday, July 13

Three Friends Fishing Hole

Day of Race Registration: **7:30 a.m.**

5K Race/Walk starts: **9:00 a.m.**

Pre-registration deadline: **9 p.m.,**

July 11, 2019 Race info: **253.856.5050,**

mhendrickson@KentWA.gov Register online: **RunSignUp.com**



Name _____ E-Mail _____ Birthdate / / Age _____

Parent Name if under 13 _____

Address _____ City _____ State _____ Zip _____

Home Phone () _____ Work Phone () _____ Sex: Male Female

RUN/WALK CHOICE

- 5K Men's Run 69140
- 5K Women's Run 69141
- 5K Recreational Walk 69142

Shirt order deadline June 7

Register by 9 p.m. on July 11

Run/Walk Only _____ (\$15)

With Shirt (optional) _____ (\$30)

Total _____

Age 60+ Registration

(Applies through race day)

Run/Walk Only _____ (\$0)

Shirt (optional) _____ (\$15)

Total _____

Day of Race Registration

Run/Walk Only _____ (\$20)

Total _____

Adult Sizes, Short-Sleeved T-Shirt:

XSm Sm Med Lg XL XXL

AGE 8 & under 14-18 25-29 35-39 45-49 55-59

9-13 19-24 30-34 40-44 50-54

60-64* FREE 75-79* FREE Wheelchair

65-69* FREE 80-84* FREE

70-74* FREE 85-89* FREE

90-94* FREE

Credit Card Information



Please print name of cardholder _____

VISA or MasterCard # _____

Exp. Date _____



Signature of Participant (Parent/Guardian, if minor) _____

Date _____

I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury or damages, I do hereby release and hold harmless the City of Kent, its elected and appointed officials and employees, the organizers, sponsor, supervisor or any volunteer connected with the program from any and all claims, injuries, damages, losses or suits, including attorney fees, arising out of or in connection with the program. In the absence of signature, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release.

I grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program for any City of Kent informational or promotional use.