



5K RUN/WALK AND KIDS' TOT TROT

For some, the Friendship Run marks the beginning of spring training. For others, it is a call to get out of the house during our predominantly rainy season and simply walk hard. Regardless, the Friendship Run guarantees to be a day of fun.

The race is exciting for the whole family; children are invited to run as well. The free Tot-Trot immediately follows the road race and is open to children eight years-old and younger. Thank you for joining the race, fundraising is an important part of our budget. The money we earn through fundraising allows us to offer scholarships and keep tuition low.

All proceeds from this event will benefit the Westside Cooperative Preschool, a non-profit organization.

RACE INFORMATION

LOCATION

Registration for the road race and Tot Trot will be held at McLane Elementary School at 200 Delphi Rd SW Olympia, WA 98502. Both races will start and end at McLane Elementary School.

TIME

Registration begins on Saturday 2/4/2012 at 7:30am in the gym, **PLEASE ARRIVE NO LATER THAN 8:00AM** to allow time for registration. The 5K race starts at 9:00am and the kids' Tot Trot starts at 10:00am. Awards and prize drawings will be held at 10:30am in the gym.

COURSE DESCRIPTION

Come enjoy our scenic and relatively flat 5K loop, meandering through the McLane School 'Kids' Forest. This course takes you down some quiet country roads.

5K TIMING AND RESULTS

Accurate mile markers will be placed throughout the course and the race will be officially timed.

POST-RACE PRIZES

Must be present to win!

We will be raffling off lots of fabulous prizes donated from local businesses. Everyone who participates in the 5K has a chance to be a winner! Special prizes will be offered to race winners.

FREE TOT TROT

Every child is a winner in this fun run! Open to children eight years-old and younger. The course is flat and fast! All participants receive a ribbon and bib number. T-shirts may be purchased in children's sizes.

DIRECTIONS

From I-5 (North or South) take Hwy 101 North (Exit 104) to the Mud Bay Road exit. Turn left at Mud Bay Road. Turn left at Delphi Road. From Hwy 101 South take the Mud Bay Road exit. Turn left on 2nd Ave., which turns into Mud Bay Road. Turn right at Delphi Road.

SPONSORS NEEDED

If you are interested in sponsoring this run please contact us.

For more information please call 360-866-7383 or visit us online at westsidecooperative.com

FRIENDSHIP RUN & TOT TROT

Online registration available at westsidecooperative.com

Use one form for each participant

1. ENTRY TYPE (circle one) 5K Tot Trot

2. PARTICIPANT INFORMATION

Name: _____ Sex: M F

Birth Date: _____

Address: _____

Email: _____

3. TOTAL YOUR ENTRY FEE FOR 5K PARTICIPANTS

All fees are non-refundable

Individual	\$20.00
Family Rate per person (2 or more)	\$15.00
Student Discount (18 & under)	\$15.00
Late Registration (after Feb 1, 2012)	\$25.00

Subtotal: \$ _____

Additional Water Bottle (\$5 each) + \$ _____

Additional Tot Trot T-shirt (\$10 each) + \$ _____

Child size: 4/5 6/8

Total: \$ _____

4. SIGN THE WAIVER ON THE BACK OF THE FORM

5. MAIL COMPLETED ENTRY FORM WITH PAYMENT

TO: Westside Cooperative Preschool
PO Box 12659
Olympia WA 98508-2659

WAIVER OF LIABILITY

All participants (or parents/guardians) must read and sign the following waiver:

I know that running a road race is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to, falls, contact with other participants, and effects of the weather, and the conditions of the road and auto traffic on the course, all such risks being known and appreciated by me. Having read this waiver, and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Thurston County, the State of Washington, South Sound Running, Westside Cooperative Preschool, Olympia School District, all sponsors, volunteers and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I grant my permission to all of the forgoing to use photographs or any other recordings of this event for legitimate purpose. I also understand that my entry fee is non-refundable.

Participant Signature

Date

For entrants under 18 years of age:

This is to certify that my child has permission to compete in this event, is in good physical condition, and that event officials may authorize necessary medical treatment.

Parent/Guardian Signature

Date

Westside Cooperative Preschool
PO Box 12659
Olympia WA 98508-2659
www.westsidecooperative.com

Westside Cooperative Preschool's 9th ANNUAL



FRIENDSHIP RUN 2012

5K RUN/WALK AND KIDS' TOT TROT



Saturday February 4, 2012
8:00 am



McLane Elementary School
200 Delphi Road SW
Olympia, WA 98502

All proceeds to benefit the:
Westside Cooperative Preschool

www.westsidecooperative.com