

THE 35TH ANNUAL

2010

RESOLUTION RUN SERIES

STEILACOOM HIGH SCHOOL
STEILACOOM, WA

9:00AM

JANUARY 1ST

5 MILES OR 5K

JANUARY 23RD

10 MILES OR 10K

FEBRUARY 20TH

15 MILES OR 15K

NO WALKERS ON MILES.

MARCH 20TH

5K, 20K, OR 20 MILES

NO WALKERS ON MILES.

RUN THE SERIES OR INDIVIDUAL RACES.

5K AND 10K COURSES USATF CERTIFIED

WWW.RUNSRC.COM

FOR MORE INFORMATION

ENTER SERIES AT FIRST RACE ONLY

WALKERS IN KILOMETERS ONLY



INCLUDES

FREE FRESH HOT FOOD • SHOWERS • ACCURATE
COURSES • EATING & POST RACE SOCIALIZING IN
HEATED COMFORT INDOORS

FORT STEILACOOM RUNNING CLUB
RESOLUTION SERIES
P.O. Box 1726
TACOMA, WA 98401

Prsrt Std
US Postage
Paid
DATABAR



DATABAR
EVENTS

Register Online at
www.DatabarEvents.com

INSERT ENTRY FORM IN A NUMBER 10 WINDOW ENVELOPE

FORT STEILACOOM RUNNING CLUB
RESOLUTION SERIES
P.O. Box 1726
TACOMA, WA 98401



FSRC MEMBERSHIP: "A GREAT DEAL!"

The Fort Steilacoom Running Club offers 7 races throughout the year, Members receive discounts on club races. Join with this entry.

Members also receive the Runner's Journal, our bimonthly newsletter. Members get FREE BANQUET IN JUNE. Joining the club is really a great deal.

SERIES COMPETITION

Runners may enter either the Mile or Kilometer Series.

In order to qualify for an award, a competitor must finish at least 3 races in the series. Only the best 3 finishes in that distance group count. If you sign up for the kilometer series, but compete in a mile run, that race will not count for the series.

TO COMPETE IN THE SERIES, RUNNERS MUST SIGN UP AT THE FIRST RACE. SIGNING UP FOR 3 OR 4 INDIVIDUAL RACES DOES NOT QUALIFY FOR SERIES COMPETITION.

RUN SERIES

To qualify for the series, you must be entered in series (not individual) competition by the first series race. The March 20th 5K does not count towards series results.

AWARDS

In every race ribbons will be awarded 3 deep in each age division for male and female finishers. Top overall male and female finishers in each race will be awarded commemorative plaques, and be bumped from their respective division.

Series awards will be 3 deep in each age division.

POINTS!

1st place in an age group receives 1 point, 2nd place receives 2 points, 3rd place receives 3 points, etc. The low score wins.

The 3 people in the each age group with the lowest total of points (3 race total) will be the age group winner and will receive awards for their efforts.

Enter the 5K run on March 20th. Run it as an individual race or a non-counting option included in your series fee (using the first 3 races for your series score).

HOT FOOD: (FREE TO RUNNERS)

JANUARY 1ST: Chili, with cheese and onions

JANUARY 23RD: Baked potatoes, with all the trimmings

FEBRUARY 20TH: Fresh hot soup

MARCH 20TH: Fresh hot soup or potatoes

RACE SCHEDULE

7:30 - 8:45am

8:45am

9:00am

Varies

Varies

Registration Number

Pick-up at the school

Registration closes

Race starts

Hot food

Awards ceremony

DIRECTIONS

FROM THE NORTH: Get on I-5 South. Take Exit 129. Take the 74th W. ramp. Slight RIGHT onto 74th St. W. Slight RIGHT onto 88th St. SW. Stay straight to go to Steilacoom Blvd. SW RIGHT onto Sentinel Dr.

FROM THE SOUTH: Get on I-5 North. Take exit 127 which is Highway 512 to South Tacoma Way, Turn right on So. Tacoma Way, in approx. 1 mile turn left onto Steilacoom Blvd. SW then go approx. 3 miles and turn right on Sentinel Drive.

VOLUNTEER

Volunteers (runners or non-runners, friends and family), we need you!

Get a free future race! All of our races are organized and staffed by volunteers. Can you help, please call or email Pat or Raymond Kenworthy (info in contact section). All volunteers receive our gratitude and a certificate for a free race!

AGE DIVISIONS

0-14 • 15-18 • 5 Years Age Divisions Between 25 and 79 • Over 80.

CONTACT

For additional series information call Pat or Raymond Kenworthy at: 253.537.8712 (please do not call after 9:00pm) or email at: prkenworthy42@comcast.net. Visit <http://www.runfsrc.com> for more information.

NOTE: NO DOGS ALLOWED IN SCHOOL

RESOLUTION SERIES ENTRY FORM OR REGISTER ONLINE AT WWW.RUNFSRC.COM

Please Print • Photo Copying Allowed

Email Address _____

Last Name	First Name	Phone Number

Street Address	City	State	Zip Code

Date of Birth	Age	Gender

FEES	
<input type="checkbox"/> Series Competition	FSRC Member \$40 Non Member \$52
<input type="checkbox"/> Single Race	FSRC Member \$12 Non Member \$15
<input type="checkbox"/> Membership	Single \$15 Under 18 \$10 Family \$20
<input type="checkbox"/> Day of Race	Add \$5

TOTAL \$ _____

SERIES COMPETITION
_____ KM _____ Miles
(Must be entered by start of 1st race)

SINGLE RACE
_____ KM _____ Miles
(Use new entry form for each race)

REGISTRATION: Mail entry form and check or money order payable to FSRC: Resolution Series, PO Box 1726, Tacoma, WA 98401.

IN STORE REGISTRATION: Up to the Saturday before each event, at Fleet Feet Sports: 19685 State Rt. 410, Bonney Lake 253-862-8890
South Sound Running: 1736 Pacific Ave., Tacoma 253-593-8786.

Be green and register online at DatabarEvents.com.

Call To Confirm Race Number Availability Before Going!

FSRC MEMBER
 Yes No
Join the club to get discounts throughout the year!

WAIVE AND RELEASE: In consideration of the acceptance of my entry, for myself, and my heirs and assigns, intending to be legally bound, do hereby waive and release any and all rights and claims for damages that I may have against the Fort Steilacoom, its officers, volunteers, agents, PNAC-TAC, and co-sponsoring groups as a result of my participation in this event. I verify that I have full knowledge of the risks involved and I attest that I am physically fit and sufficiently trained to participate in this race.

RUNNER'S SIGNATURE _____ **DATE** _____

PARENT'S SIGNATURE _____

PARENT SIGNATURE (if under 18): 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 emergency treatment.