

BACK, BY POPULAR DEMAND. . !

ONCE AROUND LAKE CAVANAUGH

"A self-timed Fun Run to support a good cause."

This event is dedicated to Bob Sittner, our friend and former fire chief, who lost his life fighting a fire on South Shore Drive. He has been, and will continue to be, the driving force behind this race. All proceeds from this race are to benefit the development of the Lake Cavanaugh Volunteer Fire Department.

PLEASE NOTE!!! Please bring and use a self-timing watch if you are interested in your finishing time. Unofficial times will be given at the finish line.

DATE: Saturday, August 19th, 2023

WALKERS START: 9:00 AM

RUNNERS START: 10:00 AM

DISTANCE: 7.8 miles.

LOCATION: Race starts and finishes at the Lake Cavanaugh Fire Station located at 35058 South Shore Drive. Parking is limited and carpooling is encouraged.

COURSE: One lap around beautiful Lake Cavanaugh in Skagit County, Washington. Run or walk a paved road surrounding our lake containing a few small hills within the first four miles. Water and aid stations provided.

EARLY/PRE- REGISTRATION: (must be received by July 18th, otherwise register on RACE DAY). Send check payable to "LCFDA", \$20.00 for race and shirt; \$15 for race only; plus, registration form below (\$2.00 off registration for children 12 and under) to: Carol Pletz, 33986 North Shore Drive, Mount Vernon, WA 98274

RACE DAY REGISTRATION: \$25.00 race plus shirt; \$20.00 for race only (\$2.00 off registration for children 12 and under).

PARENT/GUARDIAN: Must sign if runner is under 18 years of age.

AWARDS: Awards will be given to the top 3 runners, and top 3 walkers. All participants will be given a Participant Ribbon.

RACE SCHEDULE: 8:30 – 9:30 A.M. (or ½ hour prior to your start time) pick up number and/or shirt and/or registration.

INFORMATION:

Officially sanctioned by the PNTF and USATF

ONCE AROUND LAKE CAVANAUGH REGISTRATION FORM

PLEASE PRINT CLEARLY:

Last Name _____ First Name _____

Today's Date _____ Birth Date _____ Age on Race Day _____

Address _____

City, State, Zip _____

Phone # () _____

Email (for notification of future races only) _____

CIRCLE ONE: runner walker Bib # _____

SEX: M F **MEN'S T-SHIRT SIZE (while supplies last):** S M L XL NONE

All entrants must read and sign the following:

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims arising or growing out of my participation in this athletic event against Skagit County, Lake Cavanaugh Fire Department, Lake Cavanaugh Improvement Association, Pacific Northwest Track and Field, and USA Track and Field, and other political subdivisions or municipal corporations in which this race is contested and any and all sponsors, persons and entities associated with this event.

I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and have full knowledge of the risks involved with this event. I have read the entry information and certify my compliance by my signature. I also understand my entry is non-refundable. If I am under 18 years of age, my parents must co-sign.

Signature _____ **Parent/Guardian** _____