

Directions:

I-5 from North & South

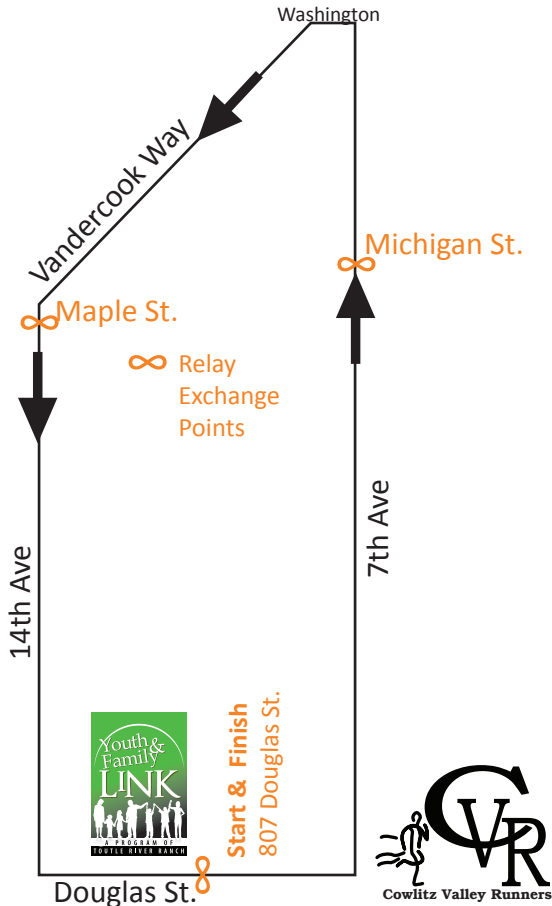
Take Exit 36 to Longview, follow Tennant Way approximately 3 miles, turn right on 7th Avenue, go .2 miles to Douglas Street, turn left 2 blocks to Youth & Family Link on the left.

Course:

This is an extremely fast 5k course that always produces personal records. Start & finish will take place at Youth & Family Link. The course is completely flat and has excellent lighting.

10K Relay:

New this year is the 2-lap relay with three people running 1 mile legs twice, passing the batton at the transfer stations as noted.



Thank you to our Sponsors

Longview Physical Sports Therapy



A Barber Shop



Cowlitz Periodontal Care and Implant Surgery LLC



Presented by: CWR Cowlitz Valley Runners

PARTICIPATION GLOVES FOR ALL!

Monday December 31, 2012

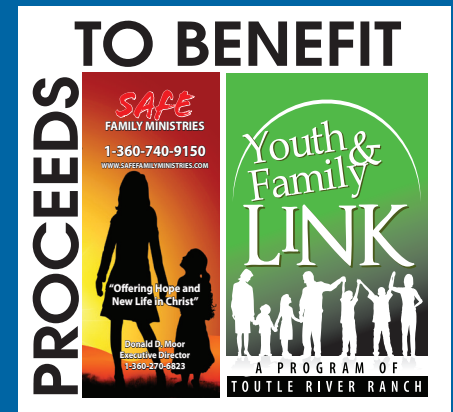
3 on 3 Basketball

Family Obstacle Course & Fun Family-friendly Games

Costume Awards

11:50pm 5K Run/Walk & 10K Relay

Start at Youth & Family Link 907 Douglas Street, Longview, Washington



www.cowlitzvalleyrunners.org/year2year.htm

Welcome to the 31st Annual family friendly Year-to-Year 5K Run/Walk/Relay.



Come join us for a fun sportive
Year to Year evening

8:30^{am} 3 on 3 **Basketball Tournament:** Sign up and participate in the 3 on 3 basketball tournament, \$10 per person.



10:30^{am} **Fun Family Activities & Family Obstacle Course:** winding, scooting, jumping, tossing, climbing for parents and kids alike - definitively a "Kodak" Moment.

11:15^{am} **Costume Competition:**

- **Best Costume Themed Team: \$250 for the charity of your choice**
- **Best Individual: \$50**
- **2nd Best Individual: \$25**

11:50^{am} Start of the Year to Year Run/Walk/Relay. Start & Finish will take place at Youth & Family Link, 907 Douglas St. Longview, WA. Relay will be two laps, ran by a three-person team, running 1 mile legs twice.

12:45^{am} At 12:45am we will award the prizes for the fastest male and female runners.

Proceeds will benefit Youth & Family LINK & Safe Family Ministries.

Runners and walkers must wear reflective clothing and or carry a flashlight or other lighting device.

Entry Fee:

\$7.00 Children 10 and under (\$10 Day of Race)
\$12.00 Registration fee for age 11 and older (\$15 Day of Race)



\$39.00 Registration with Youth Sweatshirts S ~ L
\$43.00 Registration with Adult Sweatshirts S ~ XXXL

Each relay member should register individually.

\$3.00 OFF for Cowlitz Valley Runners Club Members

Package Pick-up:

Pick up participation gloves when you sign in after 9pm.



As usual, sweatshirts will be ready the night of the run by 9pm. Be sure to order your sweatshirts by **December 18, 2012.**

Registration:

You can register online, by mail or in person the night of the run. Make checks payable to Cowlitz Valley Runners.

Online: CowlitzValleyRunners.org/year2year.htm

By mail: Year to Year 5k Run/Walk/Relay
803 Vandercook Way
Longview, WA 98632

In Person: Monday, December 31, 2012
9:00-11:30 pm
Youth & Family LINK
907 Douglas, Longview, WA

For more info: Mike Vorse 360.577.3257
mcvorse@MinutemanPress.com
CowlitzValleyRunners.org



- \$7 Pre-Registration (\$12 day of) fee for age 10 and under
 \$12 Pre-Registration (\$17 day of) fee for age 11 and older (Postmarked by December 18th)
 \$39 Pre-Registration with Hooded Youth Sweatshirt (advance payment required to get a sweatshirt prior to run)
 \$43 Pre-Registration with Hooded Adult Sweatshirt (advance payment required to get a sweatshirt prior to run) (Postmarked by December 18th)

SWEATSHIRT SIZE: ADULT S M L XL XXL XXXL
SWEATSHIRT SIZE: YOUTH S M L

I know that running in a road race, or participating in an organized athletic event, regardless of the distance, includes an element of risk. I agree to abide by any decision of a race official relative to my ability to complete this event safely and I further agree that event officials may authorize necessary emergency treatment for me which I agree to pay for. I also understand that although police protection will be provided, both vehicle traffic and spectators may be present along the course and I assume the risk of participation under such conditions. I further assume any and all risks associated with participation in this event including, but not limited to illness, traveling to and from the event, falls, road and sidewalks. All such risks are understood and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else, who might claim on my behalf, covenant not to sue, I waive, release and discharge Cowlitz Valley Runners Club, the City of Longview, event officials, volunteers, and any other sponsors, suppliers, independent contractors, employees and any other personnel in any way assisting or connected with this event from any and all claims or liability or any kind of nature whatsoever arising out of my participating in this event. I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes, my name or pictures of me participating in this event, without liability or obligation to me.

ENTRIES FROM A MINOR WILL BE ACCEPTED WITH PARENT'S OR LEGAL GUARDIAN'S SIGNATURE

X

Signature of athlete

X

Signature of legal guardian (for Athlete under the age of 18)

NAME _____

STREET ADDRESS _____

CITY _____ STATE _____ Zip _____

DAY PHONE _____ DATE OF BIRTH _____ AGE _____ SEX _____

E-MAIL _____