

RACE for the LAVENDER 5K RUN & WALK

Saturday, July 21, 2007 • Sequim, WA

STARTING TIME: Both events start at 9:00 am. On-site registration opens at 7:30 am.

LOCATION: **Olympic Game Farm**, 1423 Ward Road, Sequim, WA; traveling westbound on US 101, (exit right) at Sequim Ave, N., north on Sequim N. to Woodcock Road (turn left), west on Woodcock Road to Ward St. (turn right), north on Ward Road to game farm, (game farm is on the left side of Ward Road); traveling eastbound on US 101 (turn left) at Kitchen-Dick Road, north on Kitchen-Dick Road to Woodcock (turn right), west on Woodcock to Ward (turn left), north on Ward to Olympic Game Farm.
Scenic course along beautiful Dungeness River with Olympic Mountains as back drop.

For Safety Of Participants, No Rollerblades, Bicycles, Pets Or Headsets Permitted

ENTRY FEE: \$20.00 Early Registration by July 16, 2007. Race day registration \$25.00.
Entry fee includes **tee shirt, refreshments, fresh lavender bouquet at finish line; eligible for over 50 door prizes, including two Kenmore Airlines roundtrip passes.**

AWARDS: Awards to overall male and female, Masters, and Grand Masters winners, and top three in each age group.

AGE GROUPS: 5K RUN: Male & Female: 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.



5K WALK: Male & Female: 10 & under, 11-19, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, 80 & over.

PROCEEDS: Benefit the fund to establish the non-profit **Olympic Peninsula Seniors' Health Research Institute**, Sequim, WA.

INFORMATION: www.opshri.org or (360) 457-6667 e-mail: c.jackson@opshri.org



SPONSORS: Sequim Lavender Festival, Kenmore Airlines, Dungeness Panorama Bed & Breakfast, Erin Baker's Wholesome Baked Goods, Olympic Game Farm, QFC, Sequim Safeway, South Sound Running, Subway, Sunny Farms, Talking Rain Beverages

OTHER ACTIVITIES: Enjoy the Olympic Game Farm and Sequim Lavender Festival www.lavenderfestival.com

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Make check payable to **Seniors' Health Research Institute** \$20 by July 16th \$25 Day Of Race

Mail to: Seniors' **Health Research Inst., c/o Sherry Creech, 402 E. Lauridsen Blvd, Port Angeles WA 98362.**

Please print

Last name: _____ First name: _____

Street address: _____ E-mail: _____

City: _____ State: _____ Zip: _____ Phone: (____) _____

Sex: _____ Age on Race Day: _____ Event: 5K RUN: _____ or 5K WALK: _____

Shirt size: S _____ M _____ L _____ XL _____

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Olympic Peninsula Seniors' Health Research Institute, Olympic Game Farm, Sequim Lavender Festival, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

ATHLETE (or PARENT, if under 18) Must Sign: _____ **DATE:** _____