



SEATTLE PARKS
AND RECREATION

CREATING COMMUNITY THROUGH
PEOPLE, PARKS AND PROGRAMS.



Healthy Parks | Healthy You

In 2008 Seattle Parks and Recreation launched the new Healthy Parks, Healthy You initiative. Our goals are to encourage people to increase their physical activity, to promote health and wellness and to reduce obesity among Seattle residents.

The Healthy Parks Fun Run and post-event activities offers an entertaining day of exercise and fun for the entire family. Participants will be able run or walk the 5k, visit vendor booths, see demonstrations and take part in various activities at Magnuson Park.



FOR MORE INFORMATION PLEASE VISIT
WWW.SEATTLE.GOV/PARKS/HEALTHYPARKS

THANK YOU TO OUR SPONSORS



Associated Recreation Council



City of Seattle



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION



PRESENTED BY SEATTLE PARKS AND RECREATION'S "HEALTHY PARKS, HEALTHY YOU INITIATIVE"



AND SPONSORED BY



5K FUN RUN/WALK AND KIDS' 1K



BIG DAY OF PLAY

SATURDAY AUGUST 27
9AM - 4PM
WARREN G. MAGNUSON PARK
7400 SAND POINT WAY NE / SEATTLE 98115

2011

FOR MORE INFO PLEASE VISIT
WWW.SEATTLE.GOV/PARKS/HEALTHYPARKS/BIG_DAY.HTM

RACE DAY DETAILS

- 8 - 9 a.m.** Day of race registration at Magnuson Community Center. Pick-up number, T-shirt and other goodies.
- 9 - 9:15 a.m.** Warm-up and stretching
- 9:30 a.m.** **5k Run/Walk Starts**
- 10:30 a.m.** **Kids' 1k Starts**
- 11 a.m. - 5 p.m.** Post event activities. Join us for information booths, kids activity booths and demonstrations.

PACKET PICK-UP

If you've registered in advance, pick up your number, T-shirt and other goodies on race day between 8 and 9 a.m. at Magnuson Community Center, 7110 62nd Ave NE. Use the 74th street entrance off Sand Point Way NE.

THE COURSE

The 5K race is 5 kilometers, which is 3.1 miles around the paved trails within Warren G. Magnuson Park.

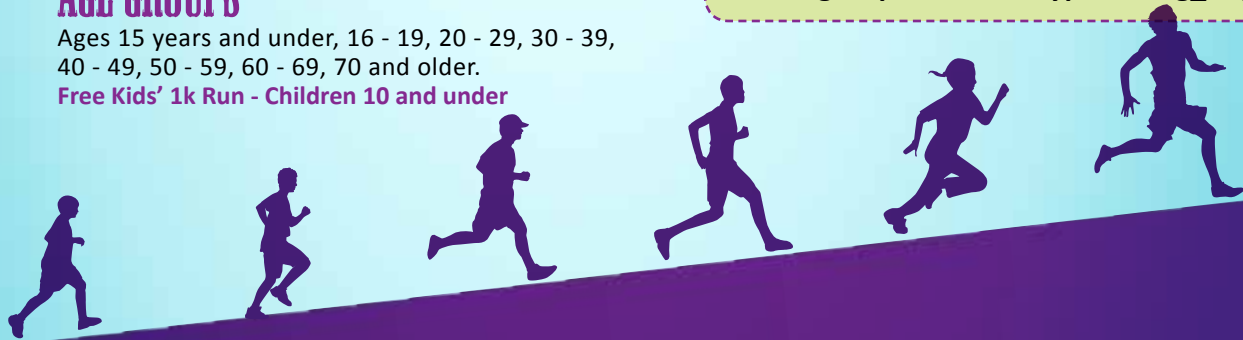
AWARDS

Each participant will receive a T-shirt, a race goodie bag and post-race refreshments. Prizes to top male and female in each age group. (Kids' 1K receive ribbon and certificates only.)

AGE GROUPS

Ages 15 years and under, 16 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70 and older.

Free Kids' 1k Run - Children 10 and under



REGISTRATION

There are three ways to register. Cash, checks and credit cards will be accepted.

- 1) Pre-register online at:**
seattle.gov/parks/healthyparks/big_day.htm
Use barcode #75410 for quicker registration!
- 2) Call the Business Service Center at 684-5177 or visit any community center on or before August 24 to guarantee a T-shirt.**
 Please visit www.seattle.gov/parks for a complete list of center locations.
- 3) Register at the event on August 27.**
(day of registration does not guarantee a T-shirt).

FUN RUN ENTRY FEES

\$20 per person on or before August 24.
\$25 per person Day of Event.

Kids 10 and younger run free and no advance registration necessary for Kids' 1K participants. Proceeds from registration fees will support Seattle Parks' youth sports scholarship program.

RESULTS WILL BE POSTED ON-LINE AT:
seattle.gov/parks/healthyparks/big_day.htm

First Name		Last Name		Zip Code		BIB Number (staff use only)	
Street Address		State		Gender		<input type="checkbox"/> M <input type="checkbox"/> F	
City		Age as of 8/27/11		<input type="checkbox"/> AL <input type="checkbox"/> AXL		<input type="checkbox"/> M <input type="checkbox"/> F	
E-Mail		<input type="checkbox"/> YL <input type="checkbox"/> AS <input type="checkbox"/> AM		<input type="checkbox"/> AL <input type="checkbox"/> AXL		<input type="checkbox"/> M <input type="checkbox"/> F	
Day Phone		<input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> AS <input type="checkbox"/> AM		<input type="checkbox"/> AL <input type="checkbox"/> AXL		<input type="checkbox"/> M <input type="checkbox"/> F	
Date of Birth		Shirt Size		Month		Day	
				Year			

Read this and sign: I know that participation in a road race/walk is a potentially hazardous activity. I should not enter and run/walk 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 event. I assume all risks associated with participation in this event, including but not limited to, falls or contact with other participants. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, for my self and anyone entitled to act on my behalf, I waive and release the City of Seattle; its Department of Parks and Recreation; the Associated Recreation Council; all event partners; their representatives and successors from all claims or liability of any kind arising out of my participation even though said liability may arise out of negligence or any other record of this event for any legitimate purpose. I grant permission for all of the foregoing to use photographs, motion pictures, recording or any other record of this event for any legitimate purpose. For participants younger than 18: I certify that my child has permission to compete in this event and is in good physical condition. I give event officials permission to authorize necessary emergency treatment. ENTRIES CANNOT BE ACCEPTED WITHOUT A VALID SIGNATURE

Signature

Date

Parent or guardian (if under 18)

Date