



Join us for the Nineteenth  
trot, jog, race-walk or run at the  
Normandy Park Community Club  
4<sup>th</sup> of July - All Downhill Fun Run  
2.83 kilometers



The Fun Run is prior to the community parade on July 4th. To participate, gather at Marvista Elementary School by 10:10 am. The race will start at about 10:25am. Finish your run at SW Normandy Terrace, or watch and join the parade as it continues to the Cove.

To get started, use the attached form to pre-register. Registration and race numbers are required - they are free! You can also purchase a t-shirt to support the Fun Run  
Collect your prize and pre-ordered T-Shirts at the finish line after you have run the race.

The Fun Run is all about the FUN! It is a self-timed run. Note your time as displayed and called out at the finish line. Then record the time and turn it in at the water table. All pre-registered runners are also eligible to receive prizes. Collect your prize and pre-ordered t-shirt at the finish line after the race.

Questions? Contact the Cove office at 206-242-1778.



**REGISTRATION FORM**

Normandy Park 4<sup>th</sup> of July Fun Run 2021  
Sunday, July 4, 2014 - 2.83 kilometers - It's all Downhill from here!  
All Race Numbers will be distributed at the starting line near  
Marvista Elementary beginning at 10:00am. **The race starts about 10:25 am.**

Race Numbers **MUST BE** picked up **MORE THAN 10 minutes prior to the race start.**  
Return this form to the Cove Office as soon as possible:

Name	Age	(Circle one) Male or Female
Address		
Phone/E-mail		
T-Shirt	<b>Enclose \$20.00 per shirt ordered</b>	
<input type="checkbox"/> no	<input type="checkbox"/> yes	How Many? _____ Amount Enclosed: _____
Size: <input type="checkbox"/> KIDS-Medium <input type="checkbox"/> KIDS-Large		
<input type="checkbox"/> ADULT-Small <input type="checkbox"/> ADULT-Medium <input type="checkbox"/> ADULT-Large <input type="checkbox"/> ADULT-X-Large		
<b>Waiver</b> // Please read and sign waiver: In consideration of the acceptance of my entry, I, for myself, heirs, executors and anyone else entitled to act on my behalf, waive and release Normandy Park Community Club, its employees, volunteers, members, sponsors and anyone else associated with this event from all claims or liabilities of any kind arising from my participation in this event. <b>Parents must sign if participant is under 18 years old.</b> I have read the above statement, understand it and verify by my signature my full acceptance of the terms within.		
Signature (required):		