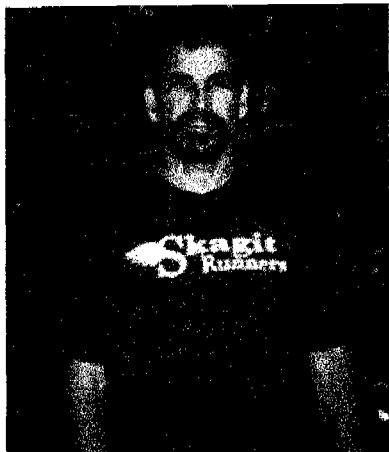


President: Dean Taylor  
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Burlington, WA 98233  
Phone: 856-6990  
trailrunner@wavecable.com



### Summer Running Event Calendar

July 4th at Sedro-Woolley at 9:30  
The Great Sedro-Woolley Footrace  
5.17 and 2 Miles (finish line help)

July 10th at Bellingham at 9:00  
The Chuckanut Footrace: 7 miles

July 17th at Burlington  
Berry Dairy Days: 10K and 2 Mile  
(finish line help needed)

8/8: Once Around Lake Cavanaugh

8/14: Riley Run 5K at Bakerview

8/21: 102 Years and Running 5K  
Mt. Vernon (finish line help)

9/12: Skagit Flats Marathon and Half  
(SEE BELOW FOR MEETING!!!)



# Skagit Runners

July is Membership Renewal month! The time has come to find out who wants to stay a Skagit Runner. On the back you will find a membership form that needs to be filled out and sent back with \$\$\$.

Along with the usual 10% discount at either Footworx or Fairhaven Runners, this year we are offering a limited time, first-come, first serve to the first 40 memberships post marked by July 7th, a free 100% cotton Skagit Runner T-shirt. Check out the good looking guy to the left sporting his cardinal shirt! Three colors to choose from: cardinal, stonewash blue, and navy although you might see a mystery color out there!

**Summer Running Season:** As you know, the summer running season is in full swing and our services are in demand! We have provided finish line help for Bay View Women's Run, Bridge Bolt, and Dog Island (which I might add should be put on everyone's schedule for next year since this run is a real sleeper and an outstanding event!) In July we will be helping at Sedro-Woolley with the 4th of July Footrace and in Burlington with Berry Dairy Days. In August, we will be helping with the Riley Run and 102 Years of Running. (3 of those 4 races, I am out of town...how convenient) And of course, September will feature our other major race: Skagit Flats Marathon and Half Marathon! So along with all the rest of the runs, it will be a busy summer. If you find yourself not running and wish to help out, please do so. We can always use the help, and you can be sure that it is appreciated greatly!!!

**Skagit Flats Marathon and Half Marathon Fundraising for XC** Wendy is in full swing preparing for this year's race, and we have added a new twist this year. Since we can stay flush from funds raised from the Tulip Run, we are dedicating this year's proceeds to benefit the county high school cross country programs. The catch is that they have to earn their money. Each school is going to be assigned a water stop and they are going to not only provide much needed refreshments but will also be expected to be entertaining as well! We are still ironing out the details which will be part of the discussion at the July meeting.

## SKAGIT FLATS MARATHON & HALF MARATHON PLANNING MEETING MONDAY, JULY 12th at 6:30

Wendy will be hosting a planning meeting after the Monday night run out of Footworx. Interested members will meet at store. Discussion items include but not limited to traffic control, prizes, water stop themes, day of race registration AND our current membership drive!

# Skagit Runners Membership Form

Make check payable to:

Skagit Runners

PO Box 120

Burlington, WA 98233

\_\_\_\_\_ \$15 Individual Annual Membership

\_\_\_\_\_ \$20 Family Annual Membership

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email address \_\_\_\_\_  
(please include for email alerts)

Phone number \_\_\_\_\_

If family membership include their names

\_\_\_\_\_  
\_\_\_\_\_

**Membership Agreement:** I know that running and volunteering to work in races are potentially hazardous activities. I should not enter and run 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 run. I assume all risks associated with running and volunteering to work in club events included, but not limited to: falls, contact with other participants, the effects of the weather (including high heat/humidity), traffic and the condition of the course: all such risks being known and appreciated by me. Having read this waiver and knowing these facts; I or anyone acting on my behalf waive and release the Skagit Runners organization, all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in club activities.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Return paid membership postmarked by July 7th and get a FREE Skagit Runner T-shirt (family membership gets 2 FREE T-shirts)**  
Buy each additional t-shirt for \$5. We have a choice of three colors in adult sizes S, M, L, XL. The colors are stonewash blue (SB), navy (N), and cardinal (C). First come, first serve so color won't be guaranteed! List your shirt color and size below

\_\_\_\_\_ color \_\_\_\_\_ size \_\_\_\_\_ color \_\_\_\_\_ size \_\_\_\_\_ color \_\_\_\_\_ size

Total Enclosed \_\_\_\_\_