



COURSE DESCRIPTION

4-Mile Race Scenic Loop Course

Start at intersection of Kitsap Mall Blvd and Silverdale Way, prior to parade. Run along Silverdale Way parade route continuing on Newberry Hill Road under overpass to Provost Road. Turn right and proceed to Anderson Hill Road. Turn right at Anderson Hill Road

and follow to Silverdale Way. Turn left and finish at Silverdale Antiques in front of parade review stand. Course closes at 9:50 a.m.

1-Mile Run/Walk. Start on Silverdale Way in front of the Poplars Motel. Run parade route along Silverdale Way to Carlton. Turn left and continue to Washington Avenue. Turn left and proceed to Linder Way. Stay on Linder Way back to Silverdale Way. Turn right and finish at Silverdale Antiques in front of parade review stand. Course closes at 9:50 a.m.

Kids' Dashes and Special Olympics Dashes. On Silverdale Way at the review stand in front of Silverdale Antiques.

REGISTRATION

All Race, Walk & Dash participants. Register in advance at Kitsap Sport Shop, Silverdale Cyclery, or Anytime Fitness 7:15 - 8:45 a.m. on Race Day at Silverdale Community Center across the street from the Oxford Inn on Silverdale Way.

****Dash participants may also register in front of Silverdale Antiques from 8:45 to 9:30 a.m. on Race Day.**

ENTRY FEE

- \$17 for the 4-Mile Race, \$12 for the 1-Mile run/ walk, \$3 for Kids' Dashes if received by July 23.
- Day of Race entries are \$20, \$15 and \$4 respectively.
- Special Olympics Dashes are FREE.
- **T-shirts are an additional \$6.** T-shirt guaranteed to entries received by July 17. There will be a limited supply available day of race.

RACE PACKET PICK-UP

Early packet pick-up and registration on Friday, July 23, from 4:00 to 7:00 p.m. at Silverdale Community Center. Day of Race packet pick-up is from 7:15 to 8:45 a.m. at Silverdale Community Center.

NEW START TIMES

4-Mile Race: 8:45 a.m. SHARP
1-Mile Run/Walk: 8:50 a.m. SHARP
Kids' Dashes: 9:30 a.m. SHARP
Special Olympics Dashes: 9:50 a.m. SHARP

REFRESHMENTS

A variety of fresh fruit, iced fruit drink and water at the finish. PLUS special treats provided by local businesses.

AWARDS

4-MILE RACE: Special award to first male and female finishers overall. Plaques to division winners, 1st through 3rd. Distinctive ribbons to 4th and 5th place finishers in all divisions. (One award per runner.) **Distinctive medals to first 600 finishers**

1-MILE RUN/WALK: Special award to the first male and female finishers overall. Distinctive ribbons to 1st through 5th place finishers in all divisions. (One award per runner.) **Distinctive medals to first 600 finishers**

KIDS' DASHES:

3 & Under 25 yd. 4-5 year olds 50 yd.
 6-7 year olds 75 yd. 8-9 year olds 100 yd.

Special ribbon and whales to all participants in Kids' Dashes. No division placing in Kids' Dashes.

SPECIAL OLYMPICS:

Distinctive ribbon and whales to all participants .

FACILITIES

Rest rooms and water at registration and finish areas.

WARM-UP

Join Dawn Raphael, BSPE in a fun & easy warm-up and stretch! Dawn is a personal trainer at Silverdale Fitness. The warm-up will start at 8:15 a.m. at the Silverdale Community Center, next to registration.

PRIZES

Awards ceremony and prize drawing starts after the Kids' Dashes. Great gifts from local businesses and 2 mountain bikes as grand prizes - are up for grabs!

Must be present to win!

ADDITIONAL SPONSORSHIP

Finish line water provided by: **MAXX NUTRITION**

For More Info call **RACE DIRECTIONS (360) 692-9414** or **HOSPICE OF KITSAP COUNTY (360) 698-4611**
www.hospiceofkitsapcounty.org

REGISTRATION FORM

****COMPLETE ENTIRELY -- ONE FORM PER PARTICIPANT****

(Please Print Legibly)

Male Female

Name: _____ Age: (On 7-24-10) _____

Address: _____ City: _____ Zip: _____

Email: _____ Phone: _____

4-MILE DIVISION

- 12 & Under 30 - 39
 13 - 15 40 - 49
 16 - 18 50 - 59
 19 - 29 60 - 69
 70+

1-MILE DIVISION

- 6 & Under 19 - 29
 7 - 9 30 - 39
 10 - 12 40 - 49
 13 - 15 50 - 59
 16 - 18 60+

KIDS' DASHES

- 3 & Under
 4 - 5
 6 - 7
 8 - 9

SPECIAL OLYMPICS

Non-competitive fun dash for Special Olympics athletes - all ages. **FREE**

4-mile Foot Race: \$17 (\$20 day of race)

1-mile Run/Walk: \$12 (\$15 day of race)

Kids' Dashes: \$3 (\$4 day of race)

Special Olympic Athletes: FREE

T-Shirt (additional): \$6 (circle size) **ADULT: S M L XL CHILD: M L**

Registration Fee: _____

T-Shirt Fee: _____

Pledge Amount (donation): _____

Total Enclosed: \$ _____

donate \$35 or more (per participant) and receive a free t-shirt, be sure to indicate size above

I am not available July 24, but I would like to be a [Phantom Runner](#). Enclosed is my donation to Hospice of Kitsap County.

Make all checks payable to: Hospice of Kitsap County
Every dollar received from the Doctors Clinic Whale of a Run goes directly to support Hospice of Kitsap County. Thank You!

WAIVER: In consideration of your acceptance of this race entry I hereby for myself, my heirs, executors, administrators and assignees do hereby release and discharge any and all rights and claims for damages I may have against the Whaling Days committee, SEAFair, The Doctors Clinic, Hospice of Kitsap County, Race Directions, Sponsors, Race Directors, USATF, Volunteers and Officials in this event, that I assume those risks and that I am physically fit and trained to participate. I understand photos may be taken during the event and hereby give my permission for any and all parties named above to use my image. I understand that entry fees are non-refundable.

SIGNATURE _____

DATE _____

(Signature of participant OR Signature of parent/guardian if participant is under 18 years of age)

WHY WAIT? REGISTER TODAY!

Mail registration in:
 Hospice of Kitsap County
 P.O. Box 3416
 Silverdale, WA 98383

Drop registration off at these Silverdale locations:
 Silverdale Cyclery
 9246 Silverdale Way

Kitsap Sport Shop
 1903 Myhre Pl.
 (behind Home Depot)

Anytime Fitness
 3276 Plaza Rd NW
 (by Round Table Pizza)