

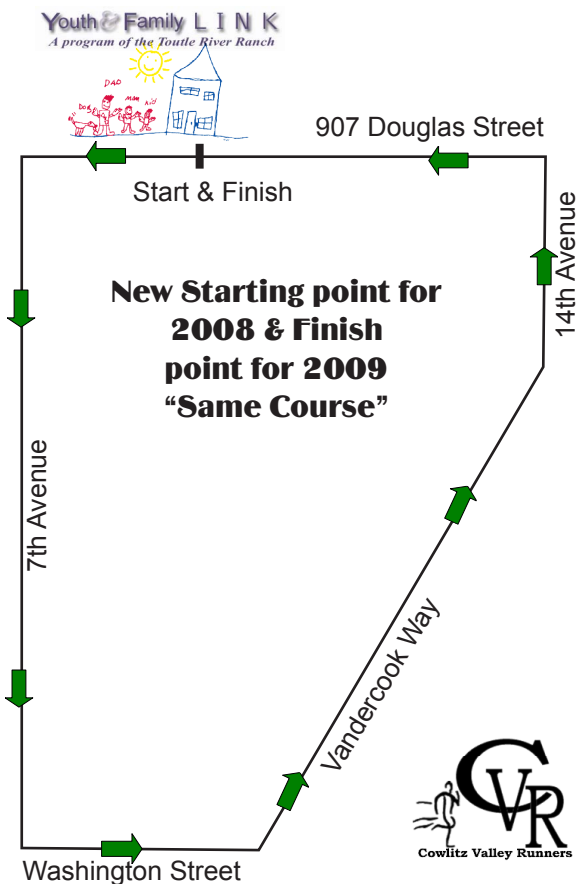
## Directions:

### I-5 from North & South:

Take Exit 36 to Longview, follow Tennant Way approx 3 miles, turn right on 7th Avenue .2 miles to Douglas St., turn left 2 blocks to Youth & Family Link on the left.

## Course:

This is an extremely fast course that always produces personal records. **With a New Start & Finish point for 2008 / 2009. Start & finish will take place at Youth & Family Link.** The course is completely flat and has excellent lighting.



PO Box 2392  
Longview, WA 98632

THE TWENTY-SEVENTH ANNUAL  
2008 / 2009  
**YEAR TO YEAR**

Cowlitz Valley Runners Presents

THE TWENTY-SEVENTH ANNUAL  
2008 / 2009  
**YEAR TO YEAR**  
5000 METER FUN RUN / WALK

New Start & Finish  
point for  
2008 / 2009

Wed., December 31, 2008 • 11:50 pm

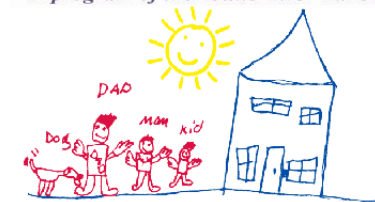
**Youth & Family LINK**

@

907 Douglas St.  
Longview, Washington

*Proceeds Benefit:*

Youth & Family LINK  
A program of the Toutle River Ranch



**5,000 METER  
RUN / WALK**

[www.cowlitzvalleyrunners.org/year2year.htm](http://www.cowlitzvalleyrunners.org/year2year.htm)

\$10 Pre-Registration fee for age 11 and older (by December 22<sup>nd</sup>)  
 \$15 Registration fee on day of race  
 \$37 Registration with Hooded Adult Sweatshirt (advance payment required to get a sweatshirt prior to run)  
 \$34 Registration with Hooded Youth Sweatshirt (advance payment required to get a sweatshirt prior to run)  
 NAME \_\_\_\_\_ STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_  
 DAY OF BIRTH \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ SEX (M/F) \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 E-MAIL \_\_\_\_\_  
 SWEATSHIRT SIZE: ADULT  S  M  L  XL  XXL  
 SWEATSHIRT SIZE: YOUTH  S  M  L  XL

I know that running in a road race, or participation in an organized walking event, regardless of the distance, includes an element of risk. I agree to abide by any decision of a race official relative to my ability to complete this event safely and I further agree that event officials may authorize necessary emergency treatment for me which I agree to pay for. I also understand that although police protection will be provided, both vehicle traffic and spectators may be present along the course and I assume the risk of participation under such conditions. I further assume any and all risks associated with participation in this event including, but not limited to illness, traveling to and from the event, falls, contact with spectators or other participants, the effect of the weather (including temperature extremes) and the surface conditions of the road and sidewalks. All such risks are understood and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else, who might claim on my behalf, covenant not to sue. I waive, release and discharge Cowlitz Valley Runners Club, the City of Longview, event officials, volunteers and any other sponsors, suppliers, independent contractors, employees and any other personnel in any way assisting or connected with this event from any and all claims or liability or any kind of nature whatsoever arising out of my participating in this event. I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes, my name or pictures of me participating in this event, without liability or obligation to me.

ENTRIES FROM A MINOR WILL BE ACCEPTED WITH PARENT'S OR LEGAL GUARDIAN'S SIGNATURE  
 Signature of athlete  
 Signature of legal guardian (for Athlete under the age of 18)

**New Start & Finish point for  
 2008 / 2009  
 "Same Course"**

**Event:**  
 Welcome to the 27<sup>th</sup> Annual Year to Year Run/Walk. Proceeds will benefit Youth & Family LINK & Girls On The Run. We would like to invite you to participate in the celebration of the New Year while helping our community.

**When:**  
 The Year to Year Run/Walk will start at precisely 11:50 on Wednesday, December 31, 2008. Be sure to bring your favorite noisemaker so you can add to the excitement on the course. Costumes are encouraged and add to the fun!

**Where:**  
**With a New Start & Finish point for 2008 / 2009. Start & finish will take place at Youth & Family Link, 907 Douglas St. Longview, Washington.**

**Family Event:**  
 This is a family fun run/walk. Prizes will be awarded for Biggest Team, First Guy to finish and First Gal to finish (Adult and Youth).

**Pre Race Activities:**  
 Door prizes will be drawn from 10:30 to 11:30 immediately following pre-registration and before the start of the race. Visit with old and new friends and enjoy the fun.

**Post Race Activities:**  
 Immediately following the finish of the last participant we will award the prizes for Biggest Team, First Guys to finish and First Gals to finish. Then it's a wrap!

**More Information**

If you have any questions regarding the fun, please contact:

**Cathy Slater**                      **Becky Hunter**  
**360-749-3927**                      **360-425-8065**  
 macaslater@msn.com              bdati2d@comcast.net

**Entry Fee:**

FREE      Children 10 and under free

\$10.00    Pre-Registration fee for age 11 and older (by December 22<sup>nd</sup>)

\$15.00    Registration fee on the day of the Race

\$37.00    Registration with Adult Sweatshirts S, M, L, XL

\$34.00    Registration with Youth Sweatshirts S, M, L, XL

As usual, people will want sweatshirts the night of the run. Because of the high cost of sweatshirts we are not able to purchase many extras. We strongly encourage you to order your sweatshirts by registering by December 5, 2008.

**\$2.00 off for Cowlitz Valley Runners Club Members.**

**Registration:**  
 You can register in person the night of the run or by mail. **Make checks payable to Cowlitz Valley Runners.**

By mail:    Year to Year Run/Walk  
                  PO Box 2392  
                  Longview, WA 98632

In Person:    Wednesday, December 31, 2008  
                  9:00-11:30 p.m.  
                  Youth & Family LINK  
                  907 Douglas, Longview

**Sweatshirt Pick-up:**  
 2008/2009 sweatshirts will be available on the night of the run beginning at 9:00 p.m. for participants who pre-ordered. Runners and walkers must wear reflective clothing and or carry a flashlight or other lighting device. Glow in the dark necklaces will be available for purchase.