



Join us for Carnation's Annual Run for the Pies, 5K Run or Walk.

A great tradition for local families and sports enthusiasts alike.

**Start off this summer with a BANG!!**

We've improved on last year's race route. This course will take you through the streets of Carnation then jump onto the Snoqualmie Trail, loop into the new Tolt-MacDonald Park trail system, then finish off running along the parade route on Tolt Ave. This is a flat and fast USATF-certified course, with beautiful scenery!

Proceeds from the Run for the Pies benefit the Carnation 4<sup>th</sup> of July Celebration.



**Prizes:**

Top 3 Finishers of each Division wins a Remlinger Farms Pie.

\*\* Additional prizes given with random drawings eligible to all participants.

Age Division	
M 10 & Under	F 10 & Under
M 11-14	F 11-14
M 15-19	F 15-19
M 20-29	F 20-29
M 30-39	F 30-39
M 40-49	F 40-49
M 50-49	F 50-49
M 60-69	F 60-69
M 70 & Over	F 70 & Over



✓ **Packet Pickup and Day of Race Registration begins @ 7am Sunday July 4th**  
**Please fill out the Registration form below and mail with your registration fee.**

**Mail to:**  
**Carnation 4<sup>th</sup> of July Committee**  
**PO Box 736**  
**Carnation, WA 98014**

**Make checks payable to: Carnation 4<sup>th</sup> of July Committee**  
**Postmark Cutoff: June 25<sup>th</sup>, 2010**

First Name:		Last Name:					
Mailing Address:							
City:		State:		Zip:			
Email:							
Day Phone:		Eve Phone:					
Age as of 7/4/10:		Male:		Female:	BIB#		
Date of Birth: MM/DD/YY		Shirt Size	New YL	AS	AM	AL	AXL
		<b>Fees:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pre-Registration to us by 6/28 \$25 run ___walk ___</li> <li><input type="checkbox"/> Registration to us After 6/28 \$30 run ___ walk ___</li> <li><input type="checkbox"/> <b>NEW!</b> KIDS 10 &amp; under Registration \$20 run___ walk___</li> </ul>					

**Remember to include your email address so we can notify you of next years' race.**  
**We do not share or sell this information.**

**Disclaimer:** If you are participating in the run or walk, no matter what age, you must run on your own. If you are participating & use a wheelchair then you must operate your wheelchair on your own. A child participating cannot be in a stroller & then jump out at the finish line to the race. A child in a stroller may not be counted if they are pushed by a runner or walker. **IMPORTANT: PLEASE READ AND SIGN THE HOLD HARMLESS AGREEMENT BELOW TO BE IN THE RUN: HOLD HARMLESS FOR THE JULY 4<sup>TH</sup> RUN for the 4<sup>TH</sup> of July Carnation Celebration 5K RUN/WALK in consideration of my entry in "The Great 4<sup>th</sup> of July Celebration 5K Run/Walk" I intending to be legally bound, do hereby for myself,**  
Executors & Administrator, waive, release & forever discharge any & all rights & claims for damages, including any claims for loss or damage or injury to my person or property arising out of my performance or failure of performance from "The Great 4<sup>th</sup> of July Carnation Celebration 5K Run/Walk". Carnation Chamber of Commerce, City of Carnation, the owners of any event sites, representative successors & assigns. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement or TB coverage of "The Great Carnation Celebration 5K Run/Walk" without compensation to me. I have read this waiver and knowing the facts I hereby for myself, my heirs, executors, administrator or anyone else who might claim on my behalf, covenant not to sue & waive, release & discharge volunteers, suppliers agents, employees & personnel in any way assisting or connecting with the events from any & all claims of liability of any kind or nature whatsoever arising out of my participation, even though that liability may arise out of negligence or carelessness on the part of the persons or parties in this event. I understand that my fee is not refundable.