

## SHIRT INFO

Event shirts are available in men's and women's styles, sizes XS to 4XL. (Add \$4 for 3XL and \$6 for 4XL shirts.) The Sport-Tek material is lightweight, moisture-wicking, and highly breathable to make running in them a breeze.



Front

Men's

Women's



THANK YOU  
SPONSORS & VOLUNTEERS



518 Front Street ~ Lynden, WA 98264



**5K RUN OF NEPAL**  
**5K RUN & WATER**  
NW RASPBERRY FESTIVAL 2015

**SATURDAY**  
**JULY 18, 2015**

Fun for all ages—  
Kids 12 & under run free!

*All proceeds benefit  
Nepal Earthquake  
Relief*

**RACE INFORMATION:**  
Lynden Chamber of Commerce  
(360) 354-5995 ~ [www.lynden.org](http://www.lynden.org)

Capstone Physical Therapy  
(360) 354-1115 ~ [capstonept.com](http://capstonept.com)  
Find us on Facebook



# Start Time & Location

**Saturday, July 18, 2015**  
**8:00-8:45 AM Registration**  
**9:00 AM Run/Walk Start**

*Event proceeds go to  
**Nepal Earthquake Relief***

## ALL AGES WELCOME!

Age Divisions:  
 12 & Under · 13-18 · 19-29 · 30-39  
 40-49 · 50-59 · 60 & Over

## ENTRY FEES

### Pre-Registration

12 and Under Walk/Run Only..... FREE  
 13 and Over Walk/Run Only.....\$15.00  
 Walk/Run w/Sport-Tek Dri-Mesh T-shirt  
 (XS, S, M, L, XL, XXL).....\$30.00  
 (add \$4 for 3XL, and \$6 for 4XL)

Pre-registration forms and fees must be **received**  
 at the Lynden Chamber of Commerce **no later** than  
 Tuesday, July 14 (NO PRE-REGISTRATION JULY 15, 16, 17).

### Race Day Registration

12 and Under Walk/Run Only.....FREE  
 13 and Over Walk/Run Only.....\$20.00  
*Limited Supply of T-shirt's may be available the day of the  
 race.*

Registration and Sign-In will be located at  
**Lynden Christian High School**  
**515 Drayton Street, Lynden, WA 98264**

### DIRECTIONS TO START LINE:

From I-5 North, take Exit 256 North on Guide Meridian Rd.  
 After 12 miles, turn right (east) onto Main Street. Turn left  
 (north) on 1st Street and right (east) on Drayton Street.  
 Follow signs to the race start at the corner of Drayton Street  
 & Lyncs Drive/Nooksack Avenue. (Parking is available in the  
 LCHS/LCMS parking lots)

# COURSE INFO

The 5K course is a flat & fast route through the  
 Homestead Golf & Country Club community, quiet  
 residential streets, and Lynden City Park. The course  
 starts and finishes along Drayton Street near Lynden  
 Christian High School.

Restroom facilities will be available at Lynden  
 Christian High School near the race finish.  
 Complimentary refreshments will be provided at the  
 registration tables after the race for runners/walkers.



Send completed form and fee payable to: Lynden Chamber of Commerce, 518 Front St., Lynden, WA 98264.

Please make checks for donations payable to

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Gender:  Male  Female Email Address: \_\_\_\_\_

### RACE (Check One):

5K Walk  5K Run

### AGE DIVISION (Check One):

12 & Under  13-18  19-29  30-39  
 40-49  50-59  60 & Over

### Sport-Tek Shirt (circle if applicable):

Style: Men's Women's

Size: XS S M L XL XXL 3XL 4XL

(Add \$4 for 3XL and \$6 for 4XL sizes. Limited T-shirts available on  
 race day.)

### PRE-REGISTRATION:

12 and Under Walk or Run	FREE
13 & Over Walk or Run	<b>\$15.00</b>
Registration + Sport-Tek T-Shirt	<b>\$30.00</b>

### RACE DAY REGISTRATION:

12 and Under Walk or Run	FREE
13 & Over Walk or Run	<b>\$20.00</b>

### ADDITIONAL DONATION:

**TOTAL AMOUNT ENCLOSED** (No refunds.)

## PARTICIPANT WAIVER (PLEASE READ AND SIGN)

I understand that this event is strenuous and physically taxing and in consideration of the Lynden Chamber of Commerce accepting this application for the entry into the Raspberry Festival 5K Fun Run/Walk, I hereby for myself, my heirs, executors, assigns or administrators, waive and release any and all right of claims for damages or injury I may sustain while taking part in this event, that I may have against the organizers, its officers and volunteers, the Lynden Chamber of Commerce, the City of Lynden, the Boys & Girls Club of Lynden, The Muljat Group, the Northwest Raspberry Festival Committee, Lynden Christian Schools, Barbie's Berries, Clean Water Services, The Print Stop, Hats Off, Caught-tonfilm.org, and the sponsors, and any successors and assigns of these. In addition, I warrant that I accept the course as is, with all faults and agree to use the course at my own risk.

Participant's Signature (Parent or Guardian if under 18)

Date