



2009 ENTRY FORM

Print this page and mail with entry fee to:
 Scott McCoubrey, CMTRS Race Director
 Seattle Running Company
 911 E. Pine St., Seattle WA 98122

Questions? 206-325-4800 or searunco@aol.com

Cougar Mountain Trail Running Series

When: May 16, 9am (5 miles) June 13, 9am (7 miles)
 July 11, 9am (10 miles) August 8, 8:30am (13 miles)

Where: Sky Country trailhead at Cougar Mountain, 166th Way SE, Bellevue WA

NAME _____ Sex: F _____ M _____

ADDRESS _____ CITY _____

STATE/PROVINCE _____ ZIP _____ PHONE (_____) _____

EMERGENCY PHONE (_____) _____ FAX (_____) _____

E-MAIL _____ AGE on RACE DAY _____

Mail-in entry deadline is one week prior to each race.
In-store deadline is 5pm the Friday before each race.

Please check below which race(s) you will be doing.

_____ May 16 (5 miles) _____ June 13 (7 Miles)
 _____ July 11 (10 miles) _____ August 8 (13 miles)

Early entry fee: 5 mile: \$30; 7 mile: \$30; 10 mile: \$35; 13 mile: \$35; **Four race series: \$110.**

Day-of-race entry fee: 5 mile: \$35; 7 mile: \$35; 10 mile: \$40; 13 mile: \$40.

\$5 discount for current Seattle Running Club members.

Total enclosed \$ _____ (please make checks payable to **Seattle Running Club**)

Or pay by credit card:

Card Number

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiration Date

--	--	--	--

WAIVER: In consideration of my accepting this entry, I hereby for myself, my heirs and executors waive any and all claims that I may have against any and all persons and organizations affiliated with this event, including but not limited to the organizers and supporters of the event, Seattle Running Co., Washington State Parks and any sponsors or volunteers, while participating in or traveling to or from the Cougar Mountain Trail Running Series presented by Seattle Running Co.

Signature _____ Date _____