

St. Patrick's Day Foot Race and Leprechaun Dash

Come join us for an annual rite of springtime in the Tri-Cities. We've got 5km and 10km courses for everyone, and the Leprechaun Dash for elementary and middle school runners. Read on for all the details!

DATE: March 13, 2010

DISTANCES: 5km and 10km races. A shorter Leprechaun Dash (1 mile) is for elementary and middle school students only.

TIME: Leprechaun Dash at 9:30 a.m. 5km and 10km races start at 10:00 a.m.

PLACE: Races start and finish at the R.F. McDougall's at Columbia Center North, Richland, Washington.

AGE GROUP AWARDS: Awards for 5 and 10km races in the following age groups: 15 and under; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; and 70 plus.

RUNNING CLOTHING: A technical fabric shirt (to wick the sweat away) will be available for an extra \$15 over the entry fee. Only a very limited number of shirts will be available for folks who register late, so if you want a t-shirt you should pre-register by March 2nd.

PARKING: Parking is available in the Columbia Center North parking lot. Before the races, please stage in the Kimo's parking lot.

RACE DIRECTORS: Gail & Eric Greager (509) 942-7137 between 6 and 8 p.m. or via e-mail at sageg@charter.net

**ONLINE
REGISTRATION at
www.3rrr.org**

ENTRY FORMS: Detach and mail to: Eric Greager, 178 Bradley Blvd., Richland, WA 99352, ATTN: Foot Race.

ENTRY FEE: The entry fee for running the 5km or 10km races is \$8.00 and the Leprechaun Dash is FREE! Tech shirts cost an additional \$15.00. The late fee for entering the race is \$2. 3 Rivers Road Runners Club members receive a one dollar discount off the entry fee.

REGISTRATION DEADLINE: To be pre-registered all entries must be RECEIVED by 9:00 pm on March 2, 2010. Do not mail your entry form after March 1st. Late registration will be available at the United Way Building (401 North Young Street in Kennewick) on March 12th between 4:00 and 6:00 pm and again on race morning inside Kimo's from 7:30 to 9:30 am.

PICK-UP: In town runners who are pre-registered should pick up their race packets on March 12th at the United Way Building (401 North Young Street in Kennewick) between 4:00 and 6:00 pm. Other pre-registered runners can pick up their race packets race morning inside Kimo's from 7:30 to 9:30 am.

**TRI-CITIES
RUNNERS SOUL**
Preparing You For The Human Race



3 RIVERS ROAD RUNNERS: *The 3 Rivers Road Runners Club puts on this race and a number of other races in the Tri-Cities each year. The club is dedicated to promoting running and fitness for people of all ages in the Tri-City area. Being a club member is a good way to meet other runners, learn from the experienced runners in the area, and help promote our sport and other activities. For a modest annual membership fee of \$15.00 per family, members receive a number of benefits, including a well maintained website to keep up to date on local events. If you are interested in becoming a club member, go to www.3RRR.org.*

To learn more about the 3 Rivers Road Runners Club, visit us on line at www.3RRR.org.

**3 Rivers
Road Runners** PRESENTS THE

30th Annual St. Patrick's Day Foot Race

and the

**Leprechaun Dash
for the little people**

**Online Registration at
www.3RRR.org**

March 13, 2010

9:30 & 10:00 a.m.

TRI-CITIES, WASHINGTON

Sponsored by:



**3 Rivers
Road Runners**

**E-MAN
RACE PRODUCTIONS**

**TRI-CITIES
RUNNERS SOUL**

Preparing You For The Human Race

30th Annual St. Patrick's Day Foot Race
Saturday, March 13, 2010
9:30 and 10:00 a.m.

Detach this entry form and send fees to:
 Eric Greager
 178 Bradley Blvd.
 Richland, WA 99352
 ATTN: Foot Race

Please Print

Last Name _____ First Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone Number _____ Age _____ Birth Date: ___/___/___ Sex: Male Female

Race Distance: 5 km 10 km Leprechaun Dash

School (for the Dash only) _____

In consideration of your acceptance of this race entry, I for myself, my heirs, executors, administrators and assigns, forever release and discharge any and all rights, demands, claims for damages and causes of suit or action known or unknown that I may have against the 3 Rivers Road Runners, the City of Richland, the City of Kennewick, and Benton County and any and all participating race sponsors (including R.F. McDougall's, and any other sponsors) and directors, officers, employees and agents of such parties, for any and all injuries in any manner arising or resulting from my participation in said race. I attest and verify that I have full knowledge of the risks involved in the race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other capacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this race.

Signature _____

Date _____

Parent or guardian
 (if under 18) _____

ENTRY FEE INFORMATION:

Race Entry (\$8.00)

Leprechaun Dash **FREE**
(Elementary and middle school students, only)

Tech Shirt
(add \$15.00)

**** Circle size:**
 Adult XS S M L XL

TOTAL ENCLOSED

IMPORTANT: Payment must accompany application. Check or money order only.
 Make checks payable to Three Rivers Road Runners. NON-REFUNDABLE

PLEASE DOUBLE CHECK YOUR APPLICATION FOR ACCURACY AND COMPLETENESS

THANKS

LEPRECHAUN DASH
A Fun Run for Elementary and Middle School Students

The Leprechaun Dash is a one-mile fun run for elementary and middle school students that is held on a closed portion of Columbia Park Trail. Finisher ribbons will be awarded to all children that finish the run. The fun run starts and finishes near Kimo's in Columbia Center North. This run is for elementary and middle school students, only. There is NO CHARGE to children to run the Dash...our way of helping kids have some fun and fitness at the same time. And once again there is a chance to make money for your school! With a minimum of 100 finishers, the elementary school with the highest number of finishers will be awarded \$1000 to use toward PE equipment. The 2nd and 3rd place elementary schools will be awarded \$600 and \$400, respectively (minimum of 100 finishers). We do need all runners to register and parents to sign the entry form for their children. We have a safe, controlled course with the park road being closed for the duration of the race, so parents can let the kids run and wait for them at the finish. This run is for the kids. Parents, if you absolutely, positively must run with your kids, please run with them unofficially (do not register yourself) and start out at the back of the pack.

IMPORTANT DATES & TIMES

March 2nd: All pre-registered entries must be *RECEIVED* by March 2nd.

March 12th: Packet pick up and late registration at the United Way Building (401 North Young Street in Kennewick) from 4:00 to 6:00 pm.

MARCH 13th: Race Day. Packet pick-up for out-of-town runners and late registration from 7:30 to 9:30 a.m. at Kimo's. Leprechaun Dash starts at 9:30 a.m. 5km and 10km races start at 10:00 a.m.