

Thanks to our Sponsors:



Awards

1/2 Marathon Finisher Medals
Overall Winners receive Plaques
Age Division Ribbons: 1st - 4th

Course Description—look for maps at www.nookachamps.com.

1/2 Marathon: Starts north on Laventure Rd., gradually uphill, becomes Francis Road and steep downhill, very flat from two mile out to Clear Lake and midway point with brief out and back on Beaver Lake Road. Some small hills through middle miles. Take Mud Lake Road and then Swan Road back into Mt. Vernon. Turn Left back on to Francis Road and then Laventure. Turn left into college campus and finish on truck loop.

10K—Start North on Laventure, gradual uphill and then short steep downhill on Laventure that becomes Francis. Just after 2 Mile turn right onto Thillberg and then right on to Swan Road, then left back on to Francis. Turn left on to Martin Road and then right on to the college fitness trail. Run trail and finish on truck loop.

5K—Start North on Laventure, gradually uphill. Just past mile turn right on connector and then take Martin Rd to trail head for College fitness trail. Follow fitness trail and finish on truck loop.

Directions: Registration and awards take place in the Skagit Valley College gymnasium. The race begins on N. Laventure Road. Skagit Valley College is located at 2405 East College Way, Mount Vernon. From I-5, take Exit 227 (College Way) and head East until you reach the light at N. Laventure Rd. The College is on the corner. Continue straight through the light and look for College parking on the left.



*The Northwest's Premier
Winter Runs*

*Hot soup & snacks and showers, in
warm and cozy college gymnasium*

1/2 Marathon Run

(USA Track & Field Certified)

5K and 10K Runs

(USA Track & Field Certified)

Sunday

January 20th, 2019

9:00am

(1/2 Marathon Walkers start at 8:00am)

**Skagit Valley College
Mount Vernon, WA**



2019 Nookachamps Winter Runs

Last Name

First Name

Address—Street, City, State, Zip

Day Phone w/ Area Code

Birthdate

Age – Day of Race

Sex (M/F)

Email Address:

Race: _____ 1/2 marathon

_____ 10K

_____ 5K

MANDATORY WAIVER & RELEASE

2019 Nookachamps Winter Runs

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree and abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather including high heat, and/or humidity, traffic and the conditions of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Nookachamps Winter Runs, Skagit Runners, Kevin Ryan, Chris Whan, The City of Mount Vernon, Skagit Valley College, Skagit County, Washington State Department of Transportation, and all other Nookachamps Winter Runs sponsors and suppliers, and all representatives and successors of the foregoing from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I have read the attached announcement, agree to be bound by its provisions including, but not limited to the non-refundability and non-transferability of the entry fee, and certify that the information filled into this form is true and correct. A parent or legal guardian signing for a participant under 18 years of age further agrees as follows: I certify that my child has permission to compete in this event, is in good physical condition, and that event officials may authorize necessary emergency treatment.

Signature of Participant

Signature of Parent or Legal Guardian if under 18

Date

Race Fees—Check One
This is for race fee only. Does not include costs for sweatshirt or L/S Tee. Additional costs for Sweatshirt or L/S Tee are listed below.

Pre-registered—received by January 16th:

1/2 Marathon: \$30 _____

10 Kilometer: \$20 _____

5 Kilometer: \$15 _____

After January 16th or Day of Race:

1/2 Marathon: \$40 _____

10 Kilometer: \$25 _____

5 Kilometer: \$20 _____

12 and Under: Free

Entry Fee is non-refundable and non-transferable
Make Checks Payable to: Nookachamps Winter Runs

**Commemorative
Sweatshirt & L/S Tee
Color: TBD**

Sweatshirt: \$30 _____

L/S T-Shirt: \$20 _____

Adult Size: ___S ___M ___L ___XL
___XXL

Register via: www.active.com

Or mail entry to: Nookachamps Winter Runs
1065 Chuckanut Drive
Bellingham, WA 98229

Make Checks Payable to: Nookachamps Winter Runs

Or drop off at: SKAGIT RUNNERS - MT. VERNON
or: FAIRHAVEN RUNNERS - BELLINGHAM

Information: (360) 510-4288

Schedule:

7:00am: Registration

8:00am: 1/2 Marathon Walkers Start

9:00am: All Races Start

Results: Immediately following each race

11:30pm 1/2 marathon awards