

To view course map visit: <http://www.gmap-pedometer.com/?r=4426948>

Packet Pick up and Race Day Registration Saturday

May 19th

7:00am-8:30am

Directions to School

1. Head **north**
on **N Main St**
toward **E**
Montana St

0.1 mi

2. Turn left at
W Idaho St

0.7 mi

3. Turn right
at **N**
Meridian Rd

0.7 mi

4. Turn left at
Three Mile
Dr

1.8 mi

5. Continue
onto **Farm to**
Market
Rd/Springcre
ek Rd

0.9 mi

6. Slight left
at **Farm to**

Market Rd

Destination
will be on the
left

2.9 mi



2290 Farm to Market Rd
Kalispell, Mt 59901

ool:

West Valley School

Race Description

Run in the scenic West Valley of beautiful Kalispell. The 5K is an out and back course on a meandering walking path along a country road. The 12K starts on the walking path and turns up into the hills that edge the West Valley area, then circles back to the start. It promises to be challenging, but well worth the effort!

Both races start and end in the school parking lot.

Prizes

There are no “place prizes” in this race. Instead, it will be a Trivial Pursuit- there will be trivia posted along the course. The first one back to the finish line who can answer a trivia question, gets a prize. You have to fast AND smart to get a prize in this race. (Only one trivia question answer per person).

Race Schedule

Both races start at 9am. All participants should plan on completing the 12K in 2 hours. There will be a sweep vehicle to ensure all participants make it back safely.

Water Stations

Water Stations will be at the 5K turn around, as well as at mile 4.8 for the 12K.

Safety

This is an open course, so please limit use of headsets. Runners are reminded to please be mindful of cars on the winding country road.

Mileage Calculation

Mileage was calculated using gmap-pedometer.com. We tried to get it exact, but it may be a little off. Relax and enjoy the scenery.



Spring Run Off

5K and almost 12K
(because our math is a little off)

Family Run/ Walk

May 19, 2012

9am

West Valley School

West Valley School PTO
2290 Farm to Market Rd
Kalispell, MT 59901

Event Coordinator: Gretchen Brown
257.7457

2290 Farm to Market Rd

Kalispell, MT 59901

All Proceeds Benefit West Valley PTO-Parents and Educators Working Together To Give Our Kids a Great Education.

West Valley School Spring Run Off Registration

You may also register at Active.Com (search West Valley School Spring Run Off)

Shirt Size:

- Yth Small
- Yth Medium
- Yth Large
- Small
- Medium
- Large
- Extra Large

If using form for more than one person, please indicate quantity next to size

Last Name,

First Name

Mailing Address

City

State

Zip

Emergency Contact Name

Emergency Phone Number

Other Family Members Registering (please use one form for whole family, if family members are doing different events, please indicate who is running which distance next to their name):

Race Event:

5K Almost 12K

Entry Fees: Nonrefundable

Early: April 1-May 1 Student: \$7

Adult 18+: \$15

Family \$55
(4 or more)

Late: May 1- May 19

(Registrations received after May 1 are not guaranteed a T-shirt).

Student: \$10

Adult: \$25

Family: \$65

(family is four or more)

Total Race Fee:

WARNING: I know running a road race is a potentially hazardous activity. I have enrolled myself in this event, the West Valley School Spring Run Off.

I know, understand and appreciate the nature of this activity, the discomforts, dangers and risks that may include, but are not limited to: heart attacks, injuries to the feet and legs, strains, sprains, broken bones, falls, contact with other participants, the effect of weather, including heat or humidity, traffic, and the conditions of the road. I fully know and understand that my participation is voluntary and that I am free to discontinue at any time. I hereby affirm that I am in good physical condition, properly trained and do not suffer from any disability that would prevent my participation. I have read the above warning and agree to participate willingly. NO ENTRY WITHOUT VALID SIGNATURE.

Signature of participant(s) / date

Signature of Parent /Guardian for participants under 18yrs/ Date

MAKE CHECKS PAYABLE TO: West Valley Parent Group | 2290 Farm to Market Rd | Kalispell, MT 59901