

**DIRECTIONS**

East Lake Padden Park is three miles southeast of Bellingham. Take northbound I-5 exit 246 or southbound I-5 exit 252.

**COURSE**

Four 2.59-mile laps counter-clockwise around the lake on grass and trails, starting by the Lion's Club picnic shelter (accessed through the east entrance.) The north side of the lake is flat and gravel, and the south side has one steep upgrade and three rolling hills along a wooded trail of mostly soft surfaces.

**TIME**

Registration 8:30-9:45 a.m. Race starts at 10:00 a.m. We may use chip timing, so please allow plenty of time to learn about your relay timing chip.

**ENTRY FEE**

Teams composed of G.B.R.C. members are free. Our non-member fees for 2015 are \$12 per solo runner and \$24 per relay team. Fees include a team timing relay chip. Canadians may pay with Canadian funds on par.

**TEAM NAMES**

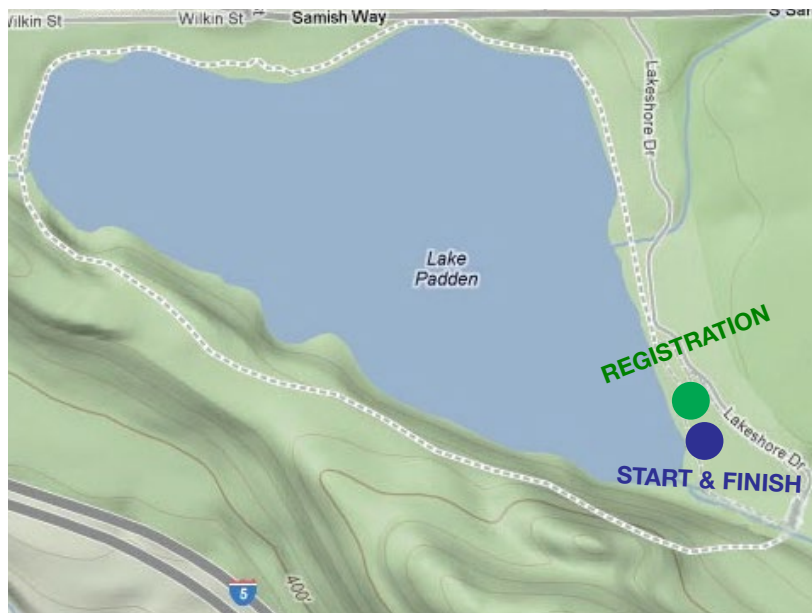
As long as we can print it, you can use it. Be inventive!

**AWARDS**

Ribbons are awarded four places deep in each division.

**RACE VOLUNTEERS**

Yes, we can always use volunteers! You can e-mail Bill Roe at tracknet@mac.com, or Tanner Boyd at tannerboyd11@gmail.com.



**TEAM DIVISIONS & RECORDS**

Four-lap teams only. Team divisions and record holders in each are listed.

**MALE (4 males or 3 males and 1 female)**

9-under	Sunnyland/Brchwd	1:17:56	1983
10-12	Noah, Michael, Jack	1:08:03	2007
13-15	Miller All-Americans	58:42	1987
16-18	J.A.C.T.	55:47	2008
19-29	Top Club	51:25	1986
30-39	Fairhaven Runners	54:35	1999
40-49	Tesseract Men	58:33	2013
50-59	Run Now/Wine Later	1:04:28	2011
60-69	ESR Silverbacks	1:11:20	2012
70-over	Kerr's Crew	1:36:42	1999

**FEMALE (4 females only)**

9-under	Tesseract Bantams	1:22:20	2010
10-12	Tesseract Midgets	1:09:16	2013
13-15	Tesseract Youth	1:06:13	2013
16-18	Tesseract	1:04:28	2013
19-29	Local Motion	1:03:19	1989
30-39	Brand "X"	1:02:22	1996
40-49	Goin' to Chicago	1:08:43	2005
60-69!	Eastside Runners	1:28:17	2009

**COED (team with 2-3 females)**

9-under	K-E & Two Blums	1:26:00	1985
10-12	Energy Runners	1:10:32	2008
13-15	Tesseract Intermedt.	1:03:45	2010
16-18	Tesseract Fire & Ice	59:29	2011
19-29	Too Risque To Say	57:57	2008
30-39	Two Old Men &...	1:00:33	1992
40-49	C.R.A.D. or P.	1:08:30	1996
50-59	Tesseract Masters	1:10:57	2012
60-over	2 Women & 1 Man=4	1:31:55	2010

**FAMILIES**

Overall	Team Alexander	55:46	1998
4 males	Team Alexander	56:54	1993
4 females	South Park Drive	1:16:37	2012

**FAMILY MINORS (average age under 21)**

2 kids	D.J. Kimelrie	1:20:10	1983
3 kids	Pearsons	1:15:04	1996

**FAMILY MAJORS (average age 21 and over)**

2 kids	Happy Hoofers	1:06:40	1989
3 kids	Pearsons	1:11:41	1997

**HIGH SCHOOL (from the same school)**

Boys	Tesseract Youth Boys	53:58	2012
Girls	Tesseract Prep Girls	1:06:43	2012
Co-ed	Team Brandon	1:02:06	2009

**COLLEGE (from the same college)**

Men	WWU 'Zide	52:00	2009
Women	WWU Vets	1:01:14	2009
Co-ed	Pedigree Falcon	57:47	2009

**ALUMNI (from the same school)**

Men	WWU Alumni	59:32	1996
Women	Super Dupers	1:02:54	2005

**SOLO CHALLENGE DIVISIONS & RECORDS**

One person times four (4) laps.

**MEN**

18-under	Hunter Bennett (WTesseract)	58:55	2010
19-29	Zach Boteilho (WWU)	55:17	2001
30-39	Albert Reimer (Thinclads)	56:06	1991
40-49	Craig Moore	1:01:39	1997
50-59	David Cannon (CNW)	1:00:42	2011
60-69	Stephen Odwin	1:13:48	1998
70-over	Don Glick	1:44:45	2004

**WOMEN**

18-under	Ashley Nichols	1:16:52	2007
19-29	Sarah Kok	1:12:47	2008
30-39	Christina Ashby (CNW)	1:08:00	1997
40-49	Christina Ashby (CNW)	1:09:15	2003
50-59	Rene Wendt	1:16:58	2004
60-over	Diane Palmason	1:28:35	2002

**REGISTRATION – 2015 LAKE PADDEN RELAY**

FOR RACE USE ONLY

Not valid without fee payable to "G.B.R.C."

Mail to Bill Roe, 1003 - 32nd Street, Bellingham, WA 98225-6913

Check one division only – if you are unsure which one to check, bring it to registration for help!

NAME \_\_\_\_\_  
Team name or solo individual's name

TEAM ADDRESS \_\_\_\_\_

SOLO WOMAN

SOLO MAN

TEAM E-MAIL \_\_\_\_\_

All teams members must be in the same age division or they will be scored in the more challenging division.

TEAM CONTACT TELEPHONE \_\_\_\_\_

- MALE (1 female okay)
- FEMALE (4 females only)
- COED (all other combos)

- Family MALES
- Family FEMALES
- Family MINORS (average age under 21)
- Family OLDIES (average age 21-over)

- High School BOYS
- High School GIRLS
- High School COED

- College MEN
- College WOMEN
- College COED

- Alumni MEN
- Alumni WOMEN

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 to 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 route, all such risks 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 Greater Bellingham Running Club, the City of Bellingham, Western Washington University, Club Northwest, USA Track & Field and USATF-Pacific Northwest, and the Road Runners Club of America, any and all food service workers, and all sponsors, their representatives and successors 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.

Each member of the team fills in their own personal information and signs the form, except entrants under 18 where the parent or guardian must sign in the space provided.

Lap Name of Entrant (PRINT)	Age (on race day)	Sex (M or F)	Signature of Entrant / Parent
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____

\_\_\_\_\_ <<<<<<<<<< Family team average