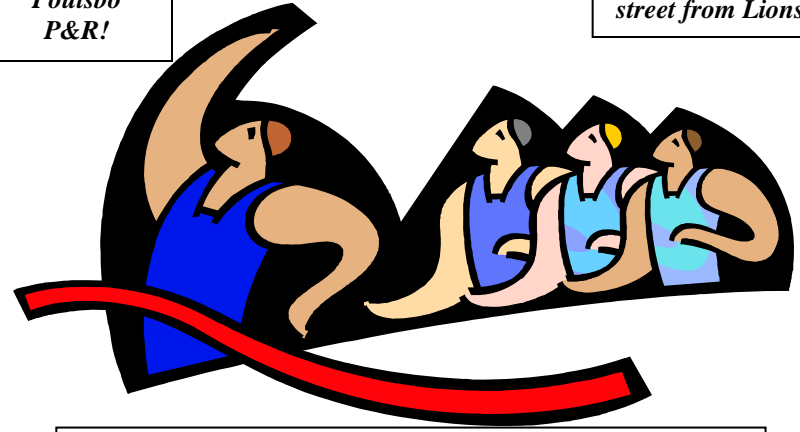


The 34th Annual **VIKING FEST**

Saturday May 21st
Poulsbo, WA

*Race signups
are being
taken now at
Poulsbo
P&R!*

*5 and 1 mile races will
start on 6th Ave, up the
street from Lions Park*



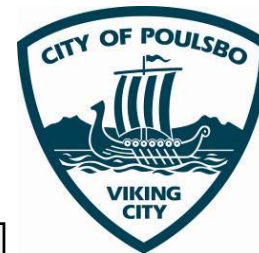
Kids dashes are downtown and will start at 10:15 AM



ROAD RACE

max NUTRITION

TUNA GRAPHICS INC.
Imprinted Casual Wear
Poulsbo, WA



**kitsap
physical
therapy**
AND SPORTS CLINICS

Kitsap Sun
kitsapsun.com

Before and after the race, enjoy the festivities of the annual Viking Fest Festival in

Poulsbo: May 20th thru the 22nd, 2011!

For more info, call: 360-779-9898.

Web - http://www.cityofpoulsbo.com/parks/parks_events.htm

Viking Fest Road Race
Poulsbo Parks and Recreation
200 NE Moe Street
Poulsbo, WA 98370

The Viking Fest Road Race is a USATF sanctioned event.

Viking Fest: Velkommen til 43rd annual Viking Fest, including the 34th annual Viking Fest Road Race, booths, a carnival, music, a Saturday parade, food, dancing, art & crafts, and entertainment.
<http://www.vikingfest.org>



Our Community Sponsors include:



Web - http://www.cityofpoulsbo.com/parks/parks_events.htm

Race Information:

Runs are Saturday, May 21st!
Five miles of roadway along scenic Liberty Bay in Poulsbo, with some gentle inclines, but for the most part a flat course.
Start for the 1 mile Fun Run will be at 9:05 am; the 5 mile at 9:00 am. Starting line is at 6th and NE Harrison (just north of Lions Park). Races end in downtown Poulsbo.

Kid's Dashes:

Registration for the Kid's races (25, 50 or 100 yard dashes) can be done by mail, at Lions Park, or at the Kid's Table in the parking lot next to the ATM machine at the finish line. The dashes will have a 10:15 am starting time at the finish line.

Entry Information:

Fill out the entry form and drop it by or mail it along with the entry fee to the address on the application form. Mail-in entry fees are due by Wednesday, May 18, and walk-in entries fees are accepted up until 8:45 am, Saturday, at Lions Park. Limited shirts available. *Late entry fees apply to Wednesday, Thursday, Friday and Saturday entries.*

Race Numbers & Pick Up:

Runners are *strongly encouraged* to pick up race numbers at the Rec Center, 19540 Front Street in Poulsbo, on Friday, May 20 from 8:00 am to 7:00 pm. Pickup is available the morning of the race from 7:30 to 8:45 am at Lions Park.

Awards:

Awards will be provided to the top 5 finishers in the 5 mile, top 3 finishers in the 1 mile. Trophies to 1st place in each 5 mile division. Ribbons to 2/3rd 5m and 1/2/3rd 1m division winners. Trophies will be handed out approximately 11 am by the finish line. Results will be posted by RACE DIRECTIONS of Bremerton.

Acknowledgements:

Dedicated volunteers; Race Directions; Poulsbo Police Department; Fire District 18; Kitsap County Sheriff's Department; Viking Fest Committee; Jerry Cooper and family; and Poulsbo Parks and Recreation staff members.

Questions?
Call 360-779-9898

One Form per runner, please

RACE DAY is Saturday, May 21st, 2011

Name: _____ Phone _____
Last First

Address: _____
Street City State Zip

D.O.B. _____ Age _____ Male ___ Female
(on race day)

5 Mile Race	
___ 9 & under	___ 30-39
___ 10-12	___ 40-49
___ 13-15	___ 50-59
___ 16-18	___ 60-69
___ 19-29	___ 70+

1 Mile Fun Run	
___ 9 & under	___ 30-39
___ 10-12	___ 40-49
___ 13-15	___ 50-59
___ 16-18	___ 60-69
___ 19-29	___ 70+

\$17 pre-register/\$19 late registration

\$8 pre-register/\$10 late registration

Kid's Dashes:	
___ 25 yard	Ages 4-5
___ 50 yard	Ages 6-8
___ 100 yard	Ages 9-10

Late entry fees apply to Wednesday, Thursday, Friday and Saturday entries.

\$2 registration

T-Shirt Fee: \$9.00: Size: **Adult** S M L XL **Youth** M L

Total Fees Enclosed: Entry Fee \$ _____ + T-Shirt Fee \$ _____ = \$ _____
(make checks payable to City of Poulsbo - no refunds on fees)

WAIVER: In consideration of your acceptance of this race entry I hereby for myself, my heirs, executors, administrators & assignees, do hereby release and discharge any and all rights and claims for damages I may have against the City of Poulsbo and its Parks & Recreation Program, Kitsap Credit Union, The Kitsap Sun Newspaper, Northstars Sportswear INC, Embarq, the Viking Fest Committee, Race Directions, Sponsors, Race Directors, Volunteers & officials for all claims of damages, demands and actions whatsoever in any manner as a result of my participation in said event. I attest and verify that I have full knowledge of the risk involved in this events, that I assume those risks and that I am physically fit and trained to participate. **I understand that entry fees are non-refundable.**

The Viking Fest Road Race is a USATF sanctioned event.

Signature _____ Date _____

Parent/Guardian

Signature _____ Date _____

(If under 18 yrs of age)

Mail to: Poulsbo Parks and Recreation
200 NE Moe Street, Poulsbo, WA 98370
Questions? (360) 779-9898 or parksrec@cityofpoulsbo.com

Enjoy Viking Fest weekend! See schedules and events at: <http://vikingfest.org/>