

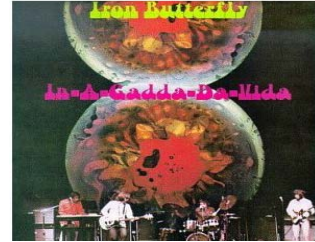
Join us for the
In-A-Gadda-Da-Vida Challenge
At one time, there were three essentials.



A decent pair of running shoes,



a track,



& Rock & Roll

We're bringing them back.

Lakes Cross Country Presents the 3rd

Ina Gadda Da Vida Challenge June 15, 2010

In July of 1968, Iron Butterfly released the monumental LP, *In-A-Gadda-Da-Vida*, featuring the 17:05 minute side-long track that shook the entire music industry. 'Vida outsold every record in the history of recorded music within the first year of its release (over eight million copies sold).

The Date: June 15 at 6:00 PM.

The Cost: \$15.00 if your registration is postmarked by June 18 (includes Tie Dye T-shirt) **The Event:** How many laps can you run from the first beat to the last note of the song? The song will be played (loud, in 60's style) during the entire run.

The Location: Harry Lang Stadium Dye T-shirt).

After June 5, registration will be Day of Race only. Day of Race registration is \$5.00 with a limited number of T-shirts available for \$15.

Divisions

My grandparents were there: High School and below

My Parents were there: 39-19

I had it on eight track: 40-49

I was there and have it on vinyl : 50+

For more information, visit our website at www.fortsteilacoominvite.com

Or contact Joe Clark at jclark@watfxc.com

This is a no frills, back to basics run. Enjoy the music, enjoy the run, enjoy life.

**All proceeds go to support the Lakes High School
Cross Country Team**

Please fill out this form and return it with your payment to: Lakes Cross Country Booster Club 4405 N 19th St Tacoma, WA 98406

Name: _____ Age: _____ Gender: M _____ F _____ T-Shirt Size: S M

L XL

Street: _____ City: _____ Zip: _____

Race Divisions

My grandparents were there: High School and below

My Parents were there: 39-19

I had it on eight track: 40-49

I was there (and have it on vinyl): 50 and over

Registration fee (check one please)

_____ \$15.00 with T-shirt(postmarked by June 5) _____ \$5.00 no T-shirt

Please make checks payable to: Lakes Cross Country Booster Club 4405 N 19th St Tacoma, WA 98406

Waiver and Release

In consideration of the acceptance of my entry, I, for myself, and my heirs and assigns, intending to be legally bound, do hereby waive and release any and all rights and claims for damages that I may have against The Clover Park School District, The Lakes Cross Country Booster Club, its officers, volunteers, agents, and co-sponsoring groups as a result of my participation in this event. I verify that I have full knowledge of the risks involved and I attest that I am physically fit and sufficiently trained to participate in this race.

Signature of Runner _____ Signature of Parent:

Parent Signature (if under 18). This is to 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.

