

CRESCENTA VALLEY CHAMBER OF COMMERCE **RUNNING THE FOOTHILLS** **5K RUN/WALK & KIDS FUN RUN**

ENTRY FORM

SATURDAY, SEPTEMBER 25, 2010

5K RUN STARTS 8:00 A.M.
5K WALK STARTS 8:05 A.M.

Check-in starts at 7:00 a.m.

- Event will take place, rain or shine
- Entry fee is non-refundable

CHECK IN AT TWO STRIKE PARK

5107 Rosemont Ave., La Crescenta

COST \$20 Includes T-shirt

Kids Fun Run is free—must register

Hurry! The first 75 people to register by September 20th will receive a raffle ticket for a chance to win a themed gift basket.

NAME (LAST) _____ **(FIRST)** _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

DAY PHONE _____ **AGE** _____ **SEX: M F**

PARTICIPATING IN (circle one): **RUN** **WALK** **FUN RUN (No T-shirt)**

AGE GROUP:

___ 10 & under ___ 11-14 ___ 15-22 ___ 23-30 ___ 31-39

___ 40-49 ___ 50-59 ___ 60+

T-SHIRT SIZE: **S** **M** **L** **XL** **XXL**

PARTICIPANT WAIVER: Please read. In consideration of the acceptance of my entry in the Crescenta Valley Chamber of Commerce Running the Foothills 5K Run/Walk to be held September 25, 2010 in La Crescenta, California, I, the undersigned, my heirs, executors, administrators and assigns, we the undersigned participant and parent or guardian and parent of undersigned (if participant under 18 years of age) hereby waive and release any rights, claims or damages I have against the Crescenta Valley Chamber of Commerce, its officers and directors, County of Los Angeles, event sponsors, for any and all damages which may be sustained or suffered by us in connection with or entry in and/or arising out of or traveling to, participation in returning from Two Strike Park. I/we attest and verify that I have full knowledge of the risks involved in this event and that no physician or other qualified individual has advised me against competing in this 5K run/walk event.

Signature _____ Date _____

Parent or Guardian _____ Date _____

MAIL THIS FORM WITH \$20 FEE TO: **CRESCENTA VALLEY CHAMBER OF COMMERCE**
3131 Foothill Blvd. #D, La Crescenta, CA 91214 Call (818) 248-4957 for more information.