

10K and 5K Run/Walk

1K Fun Run/Walk Option Available
All Benefiting the Scholarship Fund

Saturday, August 7, 2010

Registration starts at 7:00 am

Race Time:

10K and 5K Run/Walk at 8:00 am

1K Fun Run/Walk at 8:45 am

ENTRY FORM

First Name: _____ Last Name: _____

Address: _____

State: _____ Zip Code: _____ Day Phone: _____

E-mail Address: _____ Age: _____

Divisions:

_____ 10K and 5K Walk/Run

_____ 1K Fun Walk/Run

Gender:

_____ Male

_____ Female

T-Shirt Size:

___ Kid Size ___ S ___ M ___ L ___ XL ___ XXL ___ XXXL

Entry Fee before July 29, 2010

10K and 5K Run/Walk \$25
1K Run/Walk \$10

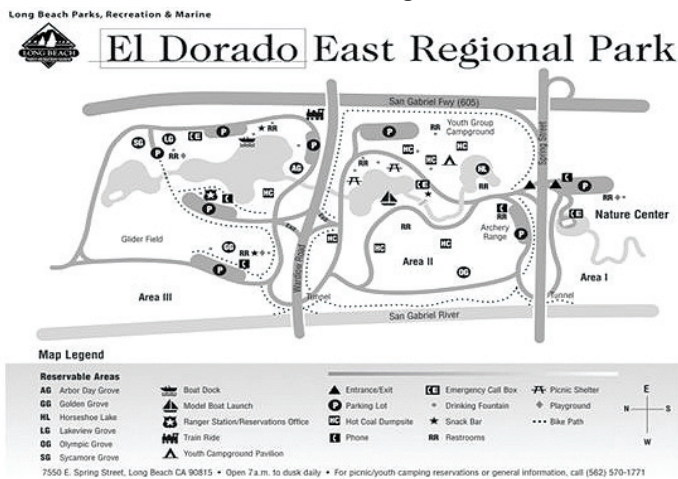
Entry Fee after July 29, 2010

10K and 5K Run/Walk \$30
1K Run/Walk \$15

**Every participant receives a medal!
Special prizes for top 5 runners (male/female)**

**Make checks payable to Cottonwood Church
and mail to: Cottonwood Church
Attn: Alumni Connect
3311 Sausalito Street
Los Alamitos, CA 90720**

**El Dorado Park East Regional Park - Arbor Grove
West of the 605 Freeway • off the Spring Street exit
\$7 Parking**



Waiver (must be signed by all entrants): I hereby release and discharge the city of Long Beach, El Dorado Park, the Race Director, Try-Us Events, Cottonwood Church, Cottonwood Leadership College, Alumni Connect, and all sponsors of responsibility from any injuries or damages I may suffer as a result of my participation in this event. In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound, for myself, my executors, administrator, and assignees, do hereby release all persons and agencies connected with this race from all claims for damages arising from my participation in and travel to and from this event. I know running a road race is a potentially hazardous activity. I am medically able and properly trained for the race. I assume all risks associated with running in the event including but not limited to: falls, contact with other participants, effects of weather including heat and humidity, traffic and the condition of the roads, all such risks of racing being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself, and heirs, executor, or anyone filled to act on my behalf, waive and release officials, volunteers, employees, the city of Long Beach, El Dorado Park, Cottonwood Church, and all governmental entities and any of their representatives and succession from all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I hereby agree to release to the race promoter full and exclusive rights to record my performance in said race on film, videotape, or still photography for use without compensation. I have read the entry information and certify my compliance by my signature.

Signature: _____ Date: _____
Parent or Guardian signature required for any participants under the age of 18.