

Come and Join us for the 28th annual  
**Summer Solstice**

**Watermelon**

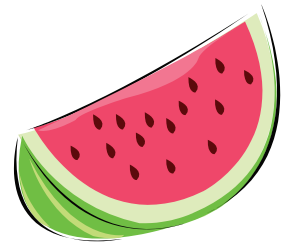
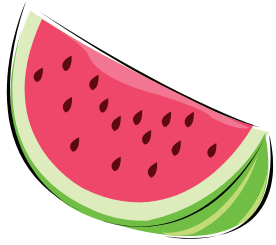
5 Mile Run/3K Walk

&

1K Kids Fun Run

Thursday June 18, 2009 at 6:00 p.m.

**El Dorado Park East, Long Beach**



**Course:**

- A beautiful flat and fast scenic loop that takes you through pine trees and around the El Dorado Lakes.  
1K Kids Run starts at 7:00 pm

**5 mile/Kid run Awards**

- Special awards for the overall & masters female and male finishers.
- Merchandise awards for first three in each age division
- All finishing walkers will receive a medal.
- T-shirts and goodie bags for all pre-registered entrants and late entrants while supplies last.

**Race Day Registration:**

4:30 – 5:45 pm at start area on race day.

**To Pre-Register:**

Go to **Active.com** or,  
Send check and complete entry form to:

**Try-Us Events**

P.O. Box 77054

Los Angeles, CA 90007

**Directions & Parking:**

**El Dorado Park East.** Take 605 Fwy to Spring St. Head West to park entrance on the North side next to Archery Range. \$4.00 parking is available throughout the park.

E-mail us if you need a map of the park.

**TryUsEvents@gmail.com**

or call (323) 491-0917

**Delicious watermelons for all finishers!!**

Entry Form: Make non-refundable check payable to: "Try-Us Events"

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Day Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Kids 1K \_\_\_ 3K Walk \_\_\_ 5 Mile \_\_\_ Male \_\_\_ Female \_\_\_ T-Shirt Size S M L XL

Date of Birth: \_\_\_\_\_ Age on race day: \_\_\_\_\_

Age Division: 17 & under \_\_\_ 18-24 \_\_\_ 25-29 \_\_\_ 30-34 \_\_\_ 35-39 \_\_\_

40-44 \_\_\_ 45-49 \_\_\_ 50-54 \_\_\_ 55-59 \_\_\_ 60-64 \_\_\_ 65-69 \_\_\_ 70+ \_\_\_

WAIVER: I hereby release and discharge the city of Long Beach, "Summer Solstice", Race Director, Try-Us Events, and all sponsors of responsibility from any injuries or damages I may suffer as a result of my participation in this event. 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.

**Early Entry Fee Before**

**June 06, 2009**

5 Mile run/3K walk \$25.00

Kids 1K fun run \$18.00

**Late Entry Fee After**  
**June 06, 2009**

5 Mile run/3K walk \$30.00

Kids 1K fun run \$20.00



**United Melon Distributors**



**JOHN PAGLIANO, DPM, INC.**  
Foot and Ankle Medicine & Surgery