



July 4, 2017 5K Run/Walk & 10K Run



Race Day Registration Begins at 6:45am
7:30am-7:45am Race Day Warm-Up by *Crunch Fitness*
8:00am 5K & 10K Start Time

San Ramon Community Center, 12501 Alcosta Blvd
925.973.3200 • www.SanRamon.ca.gov

Get a healthy start to your 4th of July with this Independence Day Classic. Enjoy the measured, paved and looped course. The 10K course is a double loop of the 5K course. The Run San Ramon 10K and 5K will be a chip timed race.

Pre-Registration Packets:

Pre-Registration Packet Pick Up:
Bibs and Shirts will be available for pick up at the Sports Basement located at 1041 Market Place San Ramon, CA 94583, on Thursday, June 29th from 11:30 a.m. to 6:00 p.m.



20% off at Sports Basement on packet pickup day, June 29th. Just show your bib at the register! Some exclusions apply.

Age Divisions: 0-8, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

Registration Fee: \$35 for online registration and postmarked registration by June 25th. Registration fees increase to \$45 starting June 26th through race day. Preregistration family rate for 3 or more is \$30 per person and increases to \$45 on June 26. Must be immediate family only, and all entry forms must be submitted at the same time.

Mail entry form to: On Your Mark Events, P. O. Box 1199, Arnold, CA 95223.

Registration details will be available online at www.active.com, search Run San Ramon. Late or incomplete entries will not be accepted.

Awards: Mayor's Cup trophies will be awarded to the winning pre-registered San Ramon resident, male & female of the 5K & 10K.

Mayor's Crown trophy will award the lowest combined times of the 2016 Bah Humbug and 2017 Run San Ramon pre-registered 5k runner (male and female).

New! 5K Run Stroller Division - Overall Male and Female Jogger/Stroller award for the fastest 5K time

Medals are given to the first three finishers in each age division.

*Free refreshments, ice cream and fruit for all participants.

*Awards ceremony will be held after final age group winner crosses finish line

Register Online at Active.com, Search Run San Ramon

RACE ENTRY FORM—Make checks payable to **On Your Mark Events, P. O. Box 1199, Arnold, CA 95223.**

Yes, I want a t-shirt: YS YM YL S M L XL XXL

Single Registration — \$35 Family — \$30 per person
(3 or more people, must register at the same time)

5K Run/Walk
 10K Run

_____	_____	_____	_____
last name	first name	gender	age (day of race)
_____	_____	_____	_____
address	city	zip	
_____	_____		
phone number	e-mail address (please print)		

WAIVER: This is a legal document. Read it carefully. In consideration of your accepting the entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive all rights and claims of damage I may accrue against the City of San Ramon, On Your Mark, and the persons and organizations affiliated with the race, any sponsors, volunteers and committee members for any and all injuries suffered by me or en-route to or from the strenuous fitness races in San Ramon. I attest that I am physically fit and sufficiently trained for this competition and that my physical condition has been verified by a licensed M.D. in the last 6 months. I acknowledge that I have read and understood all of the above. I grant my permission to allow photo and/or other video images of myself to be used for promotional or information purposes.

Participants Signature _____ **Date** _____
(If under 18, parent signature required)

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San Ramon, CA 94583**



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Race Start & Finish:
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