



The CSUS Gryphon Club and On Your Mark Events present the

**1st Annual Crystal Springs Uplands School
Community 5K Fun Run, Sunday January 31st, 2010**

Start time: 8:30 am (Check-in and race day registration opens at 7:00 am)

Location: Starts and Ends at CSUS, 400 Uplands Drive, Hillsborough, CA 94010
Race Awards, Refreshments and Entertainment: 10:00am – 11:00am

Description: Celebrate the CSUS community of staff, students, families and friends by joining us for our first annual 5k run/walk. We'll start and end at school and celebrate there afterwards. Everyone is welcome and encouraged to bring family members and friends.

Registration Fees: \$30 pre-registered (\$35 race day). CSUS families registering 3 or more, only \$20 per family member-complete one form per person (\$25 each race day). CSUS Staff \$15 only. Online registration closes Thursday, January 28th. Please do not mail any applications after Saturday, January 23rd. Make checks payable to CSUS and mail with completed application to On Your Mark, PO Box 1199, Arnold, CA 95223. Registration includes T-shirt, refreshments, goody bag, and post race raffle.

Results: Results will be posted as available on race day. Results will be also be on www.onyourmarkevents.com

Awards: Medals to the overall male/female in the following age groups: 13 and Under, 14-18 (High School), 19-29, 30-39, 40-49, 50-59, 60-69, 70+. Special awards to overall CSUS Staff, Student and Alumni. Raffle, must be present to win. Additional raffle tickets available for purchase race day.

Proceeds benefit: CSUS Athletics

Please bring your worn athletic shoes, and "From Our Feet" will be sorting and packing shoes for shipments to impoverished athletes and orphanages in war zones around the world. Please make sure to tie your shoes together before donating. Do not worry about your shoes' condition, as shoes with heavy usage will be recycled--and diverted from a local landfill.

For further information: On Your Mark Events: 209-795-7932 or info@onyourmarkevents.com, www.csus.org

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Last Name: _____ First Name _____ Age _____ Gender _____

Address: _____ City _____ State/Zip _____/_____

Phone: _____ Email: _____

CSUS Special Awards: (Please Circle One) Staff Student Alumni Graduation year _____

Please make check payable to CSUS. This waiver must be signed in order to register.

Waiver – I certify that I am physically fit and sufficiently trained to participate in the 1st Annual Crystal Springs Uplands School Community 5K Fun Run. In consideration of acceptance of my entry and recognizing that there are certain inherent risks associated with participating in an event of this type, I agree to assume that risk and indemnify, waive, release and hold harmless any sponsors, organizers, volunteers, and any applicable directors, managers, officers, employees, representatives, agents, heirs and assigns from any and all claims for damages arising from or out of my participation in and travel to and from the event. I will assume responsibility for my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation in the event. I have read and fully understand all of the above.

Signature, if 17 year and under, parent/guardian must sign.

Date