

Kiwanis Club of the Delta-Antioch and  
Assemblymember Tom Torlakson Present

# The 33rd Annual

## Holiday Run & Walk for Health & Health Fair!

*More Than Thirty Years of Running and Walking for Health!*

Saturday, December 12, 2009 - Registration 7:30 AM - Contra Loma Regional Park, Antioch

For more information and to register on line go to <http://www.holidayrun.org/>



### Official Entry Form

(Families: Please photocopy and provide an entry form for EACH family member and enclose in same envelope)

Mail This Entry to: 33<sup>rd</sup> Holiday Run and Walk for Health/On Your Mark, P. O. Box 1199, Arnold, CA 95223

Name \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_ Race \_\_\_\_\_ Day \_\_\_\_\_

Address \_\_\_\_\_ EVENT: (Please check)

City/State/Zip \_\_\_\_\_ 1-Mile Run/Walk \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_ 3-Mile Run/Walk \_\_\_\_\_

Email \_\_\_\_\_ 10K Run \_\_\_\_\_

T-Shirt Size: Please circle: Small Med Large X-Large Kids Dashes \_\_\_\_\_  
Participating for:

Library \_\_\_\_\_ School \_\_\_\_\_ Police/Fire \_\_\_\_\_  
Library Name School Name City/Division Name

**NOTE: All race changes must be made by 12/7/09 for pre-registrations.**

**For changes to your entry, please call: On Your Mark Events (209) 795-7832 - NO CHANGES WILL BE MADE ON RACE DAY!  
Bibs will be mailed to pre-registrants!**

In signing below, I verify that in consideration of your accepting this entry, I intend to be legally bound hereby for myself, my heirs, executors & administrators, waive and release any & all rights I may have against the Kiwanis Club of the Delta-Antioch, Assemblymember Tom Torlakson, PG & E, Comcast, Contra Costa Water District, East Bay Regional Park District, the City of Antioch, Sutter Delta Medical Center, and all other associated sponsors, promoters and agents for any & all injuries suffered by me in conjunction with and/or arising in and out of my traveling to, participation in, and returning from the Holiday Run & Walk for Health & Health Fair.

Entrant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent's or Legal Guardian's Signature if participant is under 18 years of age.)

Enclosed is my check or money order in the amount of \$ \_\_\_\_\_, payable to Kiwanis Delta-Antioch Holiday Run.

*Ribbons awarded to all participants. Medals awarded to 1st to 5th Place Winners in Male and Female Categories. All Kid Dash Participants receive medals! Trophies awarded to 1st Place Male and Female Winners in all races. Participant Winner Trophies & All Cash Awards (including \$100 Cash Prize awarded to anyone who breaks the 3-mile or 10K records) at our January 26, 2010 Awards Breakfast at Lone Tree Golf Course.*

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FEES:	Before 12/1	After 12/1	
5 and under	FREE (T-shirt - \$8)	FREE (T-shirt - \$8)	<b>1 Mile Run/Walk 9 a.m.</b> 6 & Under, 7-9, 10-12. All ages are welcome. For those over the age of 12, entry is for fitness and fun. Ribbons will be awarded to all participants.
6 - 15 years	\$15	\$20	
16 -60	\$20	\$25	
Seniors (60 & Up)	\$15	\$20	
Families*	\$50	\$60	
(*Families are up to 4 members, \$10 for each additional member.) *\$5 extra charge for running in 2 races.			<b>3 Mile Run/Walk 9:35 a.m.</b> 9 & Under, 10-12, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+
All eligible pre-registered participants will receive a commemorative Holiday Run Long-Sleeved T-shirt!			
			<b>Kids Dashes with Santa 10:15 a.m.</b> 3 & Under (20 yards); 4-5 (40 yards); 6-7 (60 yards)