

Livermore-Pleasanton Firefighters Foundation

and



2nd Annual



HOOK AND LADDER RUN

Sunday, June 6, 2010

5K RUN/WALK, 10K RUN AND KIDS ONE-MILE FUN RUN

Start Time: 8 a.m. (Registration/check-in: 6:30 a.m.)

Place: Wente Vineyards - 5050 Arroyo Rd, Livermore, CA 94550

Benefits: The Livermore-Pleasanton Firefighters Foundation is a non-profit 501(c)3 that supports: Injured and Fallen Firefighters, Burn Foundation and Local Charities in the Tri Valley.

Course: The 5K is a run/walk that is 50% paved and 50% dirt road and is stroller friendly. The 10K is 90% dirt road and 10% paved road. Strollers are not allowed in the 10K. Both runs travel through Sycamore Grove Park and are very flat with only one hill on the 10K. The Kid's 1 Mile Fun Run (for ages 12 & under) will take place at Wente Vineyards at about 9:30 a.m. No dogs.

Send to: "On Your Mark" P.O. Box 1199 Arnold, CA 95223

Make checks payable to: **Livermore-Pleasanton Firefighters Foundation (LPFF)**

Bib Pickup: Those who have sent in registration forms that are POSTMARKED no later than May 26, 2010 (or registered online by May 31, 2010) may pick up their race packet and T-shirt at Fleet Feet Sports, 310 Main Street, Pleasanton Friday June 4th till Sat at noon. Final mail-in registration must be postmarked by June 1st, final online registration will close at midnight on June 3rd. After these dates registration will only be available on race day.

Awards: 3 deep in each age group (M & F) 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60+ (Special prizes for top 3 Male and Female race winners 5K AND 10K RUN)

Water and refreshments will be provided at the end of the race. Wente Vineyards will have additional food and wine tasting for purchase. No picnicking.



_____		_____	
LAST NAME		FIRST NAME	
_____		_____	
STREET		CITY	
_____	(____)	M F	Y N
STATE	ZIP	CIRCLE	AGE
_____		FIREFIGHTER?	

EMAIL ADDRESS _____ **T-Shirt:** S - M - L - XL - XXL
Pre-Registered receive shirt prior to start.

	Select Event
5K RUN/WALK	\$30 Pre-Registered prior to June 3 rd (\$35 thereafter and race day) _____
10K RUN	\$30 Pre-Registered prior to June 3 rd (\$35 thereafter and race day) _____
1-MILE KIDS RUN	\$10 Pre-Registered prior to June 3 rd (\$15 thereafter and race day) _____
WAIVERS SIGNED AT PACKET PICKUP OR RACE DAY	
Additional forms or register online at www.onyourmarkevents.com	