

10TH ANNUAL

JAIL BREAK RUN

Benefiting Special Olympics Northern California

8:00AM  SUNDAY, JULY 22, 2012

* courses certified by USA Track & Field

5K* 10K* Kids 1/2 & 1 Mile

The Alameda County Deputy Sheriff's Sports Association invites you to **RUN WITH THE SWAT TEAM**

proceeds benefit



Special Olympics Northern California

Alameda County Sheriff's Office Training Center
6289 Broder Boulevard, Dublin

CHECK-IN 6:30 AM
day of registration available

for more information visit www.OnYourMarkEvents.com

FEES: \$30 pre-registered; \$35 day of. Fees include T-shirt and post race refreshments. Kids are \$10 and include a finisher medal. Make checks payable to Special Olympics of Northern California and mail with application to: On Your Mark, PO Box 1199, Arnold, CA 95223. For more information, please call On Your Mark or email info@onyourmarkevents.com. Online registration at www.active.com or link through: onyourmarkevents.com.

AWARDS: For the 5K: 3 deep in each age group (9 & under, 10-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 & over) For the 10K: (18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, 70 & over) Trophies will be presented to top male and female, and top male and female Masters in each event. All kids completing the mile and 1/2 mile will get finisher awards.



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1/2 mile (6 & under) 1 mile (ages 7-10) 5K 10K

T-Shirt Size: S M L XL

Name _____ Age (race day) _____

Address _____ Male Female

City/State _____ Zip _____

Phone () _____ Email _____

For entry send completed form and non-refundable check payable to:
Special Olympics of Northern CA (SONC)
Mail to: On Your Mark
PO Box 1199
Arnold, CA 95223

WAIVER TO BE SIGNED ON RACE DAY.