

Celebrate National Physical Therapy Month and...

# PUMP It UP!

## October 31, 2009 Lodi Lake

Run in your costume!  
Prizes for the best one!

### EVENT START TIMES

**5K Run/Walk..... 9:00AM**

**10K Run/Walk..... 9:00AM**

**Kids Runs..... 10:30AM**

### PACKET PICK-UP

To save time on Race Day, you will be able to pick up your packet Friday, October 30th at L.P.T. from 7AM to 5PM

### WITH YOUR 5K/10K ENTRY

You will receive a 2009 run T-shirt, refreshments, BBQ lunch from B&T Catering, eligibility for age group awards, and a goodie bag.

Water and fluid replacement will be available throughout both the 5K and 10K.

Sweat check will be available from 8:00AM to 12:00PM. After this pick up will be at LPT.

All entry fees are non-refundable and non-transferable. NO Exceptions. Event happens rain or shine.

**EVENT CHOICE(S):** 5K \_\_\_\_\_ 10K \_\_\_\_\_ Kids Runs \_\_\_\_\_

**FIRST NAME:** \_\_\_\_\_ **LAST NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY/STATE/ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**HIGH SCHOOL REPRESENTED:** \_\_\_\_\_

**BIRTHDATE:** \_\_\_\_\_ **AGE (On Race Day):** \_\_\_\_\_

**SEX:** M \_\_\_\_\_ F \_\_\_\_\_ **SHIRT SIZE:** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**WAIVER:** I hereby affirm that I am in proper physical condition to participate in the PUMP IT UP! Run/Walk and in consideration of this acceptance of this entry, agree to assume all risk of injury to myself and all risk of damage or loss of property arising out of my participation in this event; to release forever discharge the sponsors and promoters including Lodi Physical Therapy, San Joaquin County, City of Lodi and all sponsors, subcontractors and volunteers which may arise from my participation in the PUMP IT UP Run/Walk. I understand that bicycles, roller/in-line skates, animals, and headsets are not permitted in this race and I will abide by this and all other race rules. I understand my entry is non-refundable and non-transferable. Waiver must be signed by all entrants.

**SIGNATURE (Parent, if under 18):** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### FEE\$

**5K/10K:** Before October 16th, \$30. Registration closes October 16th, race day registration will be available for an additional fee of \$5.

**KIDS RUNS:** 10Years & Under FREE. All kids will receive a participation medal. \* Kids races do not include lunch

**DONATION TO HIGH SCHOOLS:** Your additional donation to the high school of your choice is greatly appreciated. Circle one: Tokay Lodi Bear Creek McNair Donation: \$ \_\_\_\_\_

**LUNCH TICKETS:** Extra lunch tickets are available for \$10 per person. #: \_\_\_\_\_ @ \$10 = \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED:** \$ \_\_\_\_\_

Checks Payable to: Lodi Physical Therapy, Mail Entries to: On Your Mark Events P.O. Box 1199 Arnold, CA 95223  
If you would like to pay by Visa or MasterCard, please register at www.active.com Please do not mail entries after October 16th.