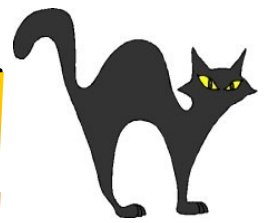


Lodi Physical Therapy & PUMP Institute Present....

PUMP IT UP Run!



5k - 10k - Kids 1 Mile Fun Run

All proceeds benefit the LUSD high school athletic departments

Saturday, October 27, 2012 - 9:00 am - Lodi Lake, Lodi CA

5k / 10k start time: 9:00am - Kids 1 Mile Fun Run start time: 10:30am

Registration: Race-day Registration will open at 7:30am

Final mail-in registration must be postmarked by October 23, 2012, online registration will close at midnight on October 23, 2012 and packets may be picked up on race day. After these dates, registration will only be available on the day of the race.

Packet Pick-up & Pasta Pump Up Dinner

Those who have sent in registration forms that are postmarked no later than October 20, 2012 (or registered online by October 23, 2012) may pick up their race packet as well as their pasta dinner at the PUMP Institute on Friday, October 26, 2012. 220 S. Church St, Lodi, Ca 95240 from 4pm to 7pm.

Entry Fees - *(fees are non-transferable and non-refundable. No Exceptions.)*

Pre-Registration - \$30.00

(includes event t-shirt, pasta PUMP up dinner, refreshments, snacks, eligibility for age group awards and goodie bag)

Race Day Registration - \$35.00

1 Mile Kids Fun Run (10 years age and under) - FREE

Those participating in the 1 mile kids fun run will receive a pumpkin from Phillips Farm.

*Pasta PUMP Up Dinner - FREE to all pre-registered participants. \$10.00 for all non - participant.

Sweat Check

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: 5K _____ 10K _____ Kids 1 Mile Fun Run _____

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ EMAIL: _____

HIGH SCHOOL REPRESENTED: _____ AGE (On Race-day): _____

GENDER: Male _____ Female _____ SHIRT SIZE (5k&10k only): S _____ M _____ L _____ XL _____

Are you planning on attending the Pasta PUMP Up Dinner? Yes _____ No _____

Non-Race Participants Pasta Dinner: quantity: _____ (\$10.00 per person) Amount enclosed for dinner: \$ _____

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: \$ _____

SIGNATURE (Parent, if under 18): _____ DATE: _____

WAIVER TO BE SIGNED ON RACE DAY

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