



SAN RAMON BAH HUMBUG!

SATURDAY, DECEMBER 7

5K FUN RUN/WALK & KIDS DASH



KIDS DASH STARTS AT 8:15 AM

5K STARTS AT 8:30 AM

START & FINISH: SAN RAMON COMMUNITY CENTER (12501 ALCOSTA BLVD, SAN RAMON)

RACE INFORMATION

The 2024 Bah Humbug! presented by the City of San Ramon and Chevron is a great way to start the holiday season off with a healthy fun run or walk through San Ramon. Participants will receive a holiday long-sleeved shirt and the famous Bah Humbug! Ornament. The event is great for families and children! The Bah Humbug! 5K is a chip-timed race.

KIDS DASH

The Kids Dash is for children ages 4-9 years old. The course is approximately 1K and will start and end at the main finish line on Alcosta Blvd, in front of the San Ramon Community Center. The Kids Dash is a non-timed event. There will be a clock at the finish line for participants to see their personal results.

COSTUME CONTEST

Make sure to come dressed in costume this year and in the spirit of the holiday run. Costume awards will be given for:

- Most Grinch-Like
- Best Holiday Spirit
- Best Group Theme

REGISTRATION FEES

5K All Ages

\$35 through September 30

\$40 October 1-December 6

\$55 on Race Day

Note: If you register for the 5K and are age 4-9, you qualify to run the Kid's Dash free!

Kids Dash (ages 4-9)

\$25 through Race Day

Virtual \$40

Virtual participants will receive a bib, t-shirt, and participation medal only and will not be considered for overall or age group awards.

REGISTRATION

Registration options include online, mail-in, or packet pick-up registration, for up to 800 participants. Online registration closes on December 6 with limited day of race registration. Late or incomplete entries will not be accepted.

Race day registration tables will be open from 7:15-7:45am. Late or incomplete entries will not be accepted.

PACKET PICK-UP

Bibs and shirts will be available for pick up on Friday, December 6 from 1:00-5:00pm. The location will be announced at a later date.

SPONSORS:



Register Online at www.SanRamon.ca.gov/FitnessRaces

RACE ENTRY FORM - Make checks payable to On Your Mark Events and mail to P.O. Box 1199, Arnold, CA 95223

Select Race(s): ☐ 5K Run/Walk ☐ Kids Dash ☐ Virtual

T-Shirt Size: ☐ YS ☐ YM ☐ YL ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Full Name: Gender: ☐ Male ☐ Female Age on Race Day:

Address: City: State: ZIP:

Phone: E-Mail:

WAIVER: This is a legal document. Read it carefully. In consideration of your accepting the entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, and administrators waive all rights and claims of damage I may accrue against the City of San Ramon, On Your Mark, and the persons and organizations affiliated with the race, any sponsors, volunteers, and committee members for any and all injuries suffered by me or en-route to or from the strenuous fitness races in San Ramon. I attest that I am physically fit and sufficiently trained for this competition and that my physical condition has been verified by a licensed M.D. in the last 6 months. I acknowledge that I have read and understood all of the above. I grant permission to allow photo and/or other video images of myself to be used for promotional or information purposes. I also waive and release the City from any and all claims, causes of action, allegations, or assertions that may arise relating to infection of any person by COVID-19 that occurs, or is alleged to occur, as a result of participating in any City-sponsored program.

Participant Signature _____

(If under 18, parent signature required)

Date _____