



Castaneda and Associates,
Attorney services in Mexico

Bonita Road Runners

Present

**5K RUN/WALK
KIDS 1K FUN RUN**

Saturday 19 June 2010

At Rohr Park- 4548 Sweetwater Road, Bonita CA 91902

**Proceeds benefit local
High School Track & Cross Country Teams**

- T-shirts guaranteed for all pre-registered participants
- USAT&F Certified, Fast & Flat Course
- Pancake breakfast provided by Bonita Optimist
- Fees are non-refundable
- Bibs are non-transferrable
- Finish Line/Results by Bonita Road Runners
(www.bonitaroadrunners.com)

RACE START TIMES:

7:30 A.M. - 5K RUN/WALK

8:30 A.M. - KIDS 1K FUN RUN

Day of race registration- 6:00 a.m. to 7:00 a.m.

Pick up race packet the day of race

AWARDS:

5K - 1st three winners in each age division

Choice Awards for Male/Female 1st place winner in Masters/Overall divisions

All 1K kids' finishers receive awards

FEES:

5K - \$25 or 2 for \$40

Late Fee - \$30 (after 06/12/10)

1K - \$5

RACE DIRECTOR: Michelle Esqueda (bonita_rr@yahoo.com)

Fill out registration form (please print)

Mail completed entry form and payment to: **Bonita 5000, P.O. Box 851, Bonita, CA 91908**

First Name

Last Name

Address

City

State

Zip Code

Phone

M

F

Age

Date of Birth (mm/dd/yy)

Email Address

Check one:

5K

1K

(10 & under)

T-Shirt size: (circle one)

S M L XL

Age Group: (check one)

12 & under

30-34

50-54

13-17

35-39

55-59

18-24

40-44

60-64

25-29

45-49

65-69

70+

Waiver must be signed:

I understand that there are risks associated with strenuous exertion and with this event including but not limited to those caused by terrain, weather, the condition of the athlete, vehicular traffic, other participants and lack of hydration. In consideration of the right to participate, I hereby assume all risks associated with this event and I here by waive, release, and discharge any and all claim for damages, death, personal injury or property damage or action of any kind which may here after occur to me or any other person as a result of my participation in this event. The waiver and release shall be binding on my heirs and assigns and shall run in favor of the promoters, sponsors, officials, municipalities, or any other individual or entities in any way connected with this event though their liability may arise out of negligence or carelessness on their part.

Please make checks payable to:

Bonita Road Runners (fee is non-refundable)

Signature of Athlete

Date

Signature of Parent (if under 18 years of age)