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2010 Family 5K Fun Run/Walk

BOYS & GIRLS CLUBS OF PUEBLO COUNTY

SOUTHERN COLORADO RUNNERS

5K Fun Run/Walk & Kid Run (11 & under)
Saturday, October 16, 2010
Lake Minnequa Park
Park Athletic Complex Area
9:00 a.m.

Where: The Boys & Girls Clubs of Pueblo County's Family 5K Fun Run/Walk will start and finish in the park athletic complex of Lake Minnequa Park, off of Pueblo Boulevard. As limited parking is available in the lots, we ask that you arrive early to give plenty of time to park and walk in if needed.

Course: The race starts and finishes at the basketball courts in the park. The course will be mostly dirt and gravel, but may cross some pavement. **Water Stops**: There will be two water stations along the course. **Please no pets or strollers due to the course size and condition. Thank you!**

Entry Fee: Cost is $10 for individuals and $15 for a family. Make checks payable to Boys & Girls Clubs of Pueblo County. No registration fee is required for ¼ mile kids run. Parents must sign waiver before race starts.

Packet Pick-Up: Bib numbers and packets may be picked up Thursday & Friday, October 14 & 15th at the Boys & Girls Club, 2601 Sprague Ave., or Saturday morning after 7:30AM at the race location. Race day registration will begin at 7:30 a.m. and will end at 8:30 a.m.

Perks: The first 500 registered entrants for the Family 5K Fun Run/Walk will receive a cinch bag. Free food, prizes, games, face painting, massages, and more!!!

Awards
Walkers: No age group awards.

Runners: Awards will go to the top three runners, walkers, and kids race participants. The award ceremony will be held following the conclusion of the youth race. Results available at the finish line and on the Southern Colorado Runners website, www.socorunners.org. No awards will be mailed.

Registration: Mailed registrations should be sent to Boys & Girls Clubs of Pueblo County, 2601 Sprague Ave., Pueblo, CO 81004. Make checks payable to Boys & Girls Clubs of Pueblo County. Runners may drop off completed registrations to Boys & Girls Clubs of Pueblo County any time before October 16; however, packets will not be available until October 14. Race day registration will be held 7:30-8:30AM. Online registration is available at www.socorunners.org or www.positiveplaceforpueblokids.org under the events page until 11:59pm, October 15.

More Information: For race information call Becky Medina or Patrice Henson at 719-564-0055.
www.positiveplaceforpueblokids.org

PAHT Pueblo Alliance For Healthy Teens

Community Sponsors include:

NOT EVEN ONCE. ColoradoMethProject.org

MADD Youth in Action

95.5 KPHT Pueblo's Greatest Hits

A2A ADDICT 2 ATHLETE

Family 5K Fun Run/Walk

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ Zip _____

Day Phone ___-___-____ Evening Phone ___-___-____ Date of Birth __/__/__ Age (on race day) ____

Please Circle Event:

5K Run **5K Walk** **Youth Race (¼ Mile)**

Amount Enclosed: _____

(Payable to ***Boys & Girls Clubs of Pueblo County***)
Entry Fee:
$10-Individuals
$15-Families

WAIVER STATEMENT

In consideration of your acceptance of my entry, I for myself, my heirs and personal representatives, waive and release the ***Boys & Girls Clubs of Pueblo County***, the Southern Colorado Runners, its principals, all sponsors and their representatives from any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in the ***Family 5K Fun Run/Walk*** race. I attest and verify that I am physically fit and have sufficiently trained to complete this event. I understand that my entry fee is non-refundable and my bib number is nontransferable. I further understand that I will run on the race course as laid out and I will be eliminated from competition if I am not on the prescribed race course. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever.

Do not write in this space

Participant Signature_____**Date**_____