

Folsom's Run with Nature & Wild Way

10K 5K



Saturday May 15, 2010

New Race Location - Folsom City Lions Park!

Registration

Start & Finish:

Folsom City Lion's Park - Zoo parking lot, near the corner of Stafford and Natoma St., Folsom

Start Time:

- 6:30 a.m. – Race Day Registration opens (at the Folsom Public Library 411 Stafford Street.)
- 8:00 a.m. – Half-mile Youth Fun Run - Folsom City Lions Park and run through the Folsom ZOO!
- 8:30 a.m. – 5K runners and walkers
- 8:40 a.m. – 10K runners
- 10:15 a.m. – The Wild Way - staggered start every 10 minutes for Youth 8-12, 13-17, Women, Men & Families

Packet Pick-up/Same Day Reg.

Folsom Public Library - Meeting Room 411 Stafford
 Thursday & Friday, May 13 & 14 3:00-8:00 p.m.
 Saturday, May 15 - 6:30 a.m.

Make checks payable to: Folsom Parks & Recreation

Mail completed entry & payment to: Folsom's Run With Nature 50 Natoma Street Folsom, CA 95630 FAX (916) 351-5931



www.FolsomRunWithNature.com



Registration Fees

FREE Half-mile youth run – (includes same day entrance into zoo)



Postmarked on or before April 30th:

10K, 5K Entry fee & T-shirt – \$25
 The Wild Way fee & T-shirt - \$15 adult / \$10 youth
 5k or 10k & The Wild Way - \$35

Beginning May 1:

10K, 5K Entry fee & T-shirt – \$30
 The Wild Way fee & T-shirt - \$20 adult / \$15 youth
 5k or 10k & The Wild Way - \$40
 T-shirt only (adult or youth) – \$12

Pre-registration postmarked by 4/30.

DO NOT MAIL AFTER MAY 8
 Register in-person at 48 Natoma St.
 or on May 13 & 14 at the packet pick-up area

Race Hotline: (916) 355-7366

Volunteer Hotline: (916) 351-3509

clip and mail

Entry Form • Folsom's Run With Nature • May 15, 2010

clip and mail

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Day Phone () _____ Emergency Phone () _____ E-mail _____

Sex: M F Birthday __/__/__ Age on race day: ____

Event: 10K 5K The Wild Way Youth 1/2-mile

T-shirt size: ADULT S M L XL XXL YOUTH S M L

I agree to indemnify and hold harmless the City of Folsom, The Folsom Athletic Association, The Friends of the Folsom Parkway, Capitol Road Race Management their employees, contractors, and officials, and any other co-sponsoring agencies from any and all liability for injuries and damages which may arise as a result of my participation in this activity. I further agree that the City of Folsom Parks & Recreation Department may act in an emergency as best fits the situation in the event that myself or an emergency contact cannot be reached. I am aware that the sponsoring organizations do not carry medical insurance for participants in this activity. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc.

Participant's signature _____

Today's date _____

Parent/Guardian If participant is under 18 _____

For VISA/MasterCard/Discover Card Payment – Card Number _____

Exp. Date _____

Authorized cardholder's signature _____

OFFICIAL USE ONLY

Race # _____
 Check _____
 Cash _____
 VISA/MC _____
 Extra Shirts _____