

Folsom's Run with Nature & Wild Way

10K 5K

Saturday May 14, 2011

1/2 Mile Youth Race



Start & Finish

Folsom City Lions Park - near the corner of Stafford and Natoma - Folsom

Start Time

7:45am GROUP STRETCH
8:00am FREE 1/2 mile Youth Fun Run run through the Folsom ZOO! (includes same day entrance into the Zoo)
All registered youth participants will receive a goodie bag at the finish line! Youth T-shirts may be purchased for \$12



Mercy
A member of CHW

The Wild Way



Start & Finish

Folsom City Lions Park parking lot
 Staggered start every 10 minutes

- 10:20am** Youth 13-17
- 10:30am** Youth 8-12
- 10:30am** Families (2+) must end together
- 10:40am** Women
- 10:50am** Corporate- 4 on a team
- 11:00am** Men
- 11:10am** Public Safety- 4 on a team

The Wild Way is about a 2 mile loop with multiple obstacles, fun for everyone. First 3 participants in each category will win a prize and "bragging rights"!

Packet Pick-up/Registration

Folsom Public Library - Meeting Room 411 Stafford
 Thursday & Friday, May 12 & 13 3:00-8:00pm
 Saturday, May 14 - 6:30am through start of race

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

5K Run & Walk / 10K RUN!

8:30am 5K runners and walkers
8:50am 10K RUNNERS

Postmarked on or before April 30th:

10K, 5K Entry fee & T-shirt - \$27
 The Wild Way fee & T-shirt - \$17 adult / \$12 youth
 5k or 10k & The Wild Way - \$37
 Prices go up by \$5 May 1st



Entry Form • Folsom's Run With Nature • May 14, 2011

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 Youth 1/2-mile The Wild Way 8-12 13-17 Family
 Women Corporate Men Public Service

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 _____

Parent/Guardian if participant is under 18 _____

Today's date _____

For VISA/MasterCard/Discover Card/American Express Payment - Card Number _____

CVV _____

Exp. Date Authorized cardholder's signature _____

OFFICIAL USE ONLY

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