

# Folsom's Run with Nature 10K 5K & Wild Way



**Mercy**

A member of CHW

MERCY HOSPITAL  
OF FOLSOM

## Free Half-Mile Youth Run New location and course through the Folsom Zoo and City Park!

Start and finish at Folsom City Lion's Park—Zoo parking lot, near the corner of Stafford and Natoma St., Folsom

8:00 a.m. start time.

T-shirts are available to purchase for \$12

**Youth Runners Receive:**

- A goodie bag with LOTS of great items.
- A free raffle ticket for loads of prizes including BIKES!!
- Free entry to the Zoo on race day with bib number.



CITY OF  
**FOLSOM**  
DISTINCTIVE BY NATURE



**Return Form To:**

**Registration Required**

Mail to: Folsom's Run with Nature, 50 Natoma St. Folsom, CA 95630

Or Fax to: (916) 351-5931

Or for information on the 10K, 5K or the Wild Way go to

[www.FolsomRunWithNature.com](http://www.FolsomRunWithNature.com)

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 Half-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, Capital 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.

Participants 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 \_\_\_\_\_