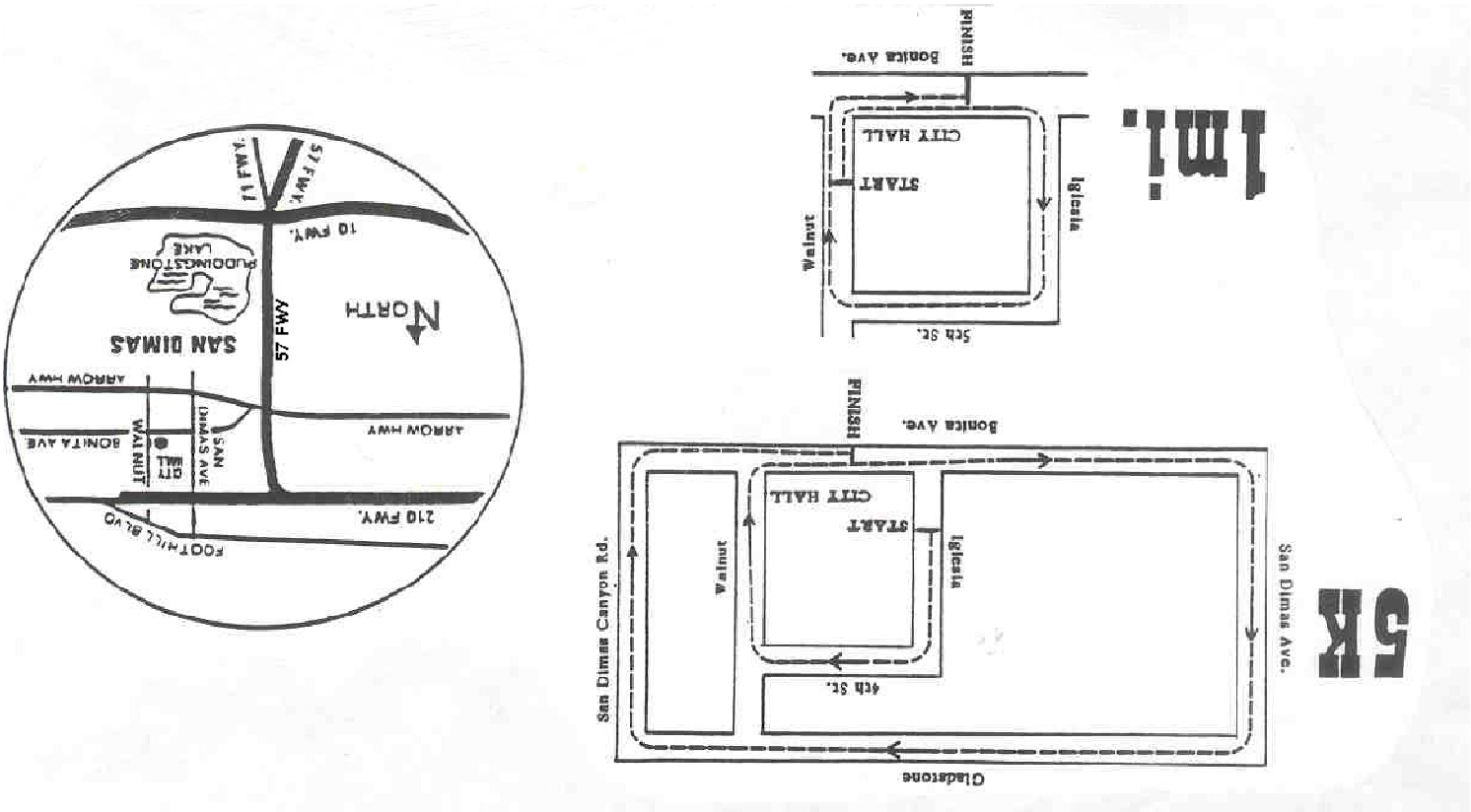

City of San Dimas

25th Annual 5K RUN and 1 Mile Family Fun Run or Walk

We Create Community * San Dimas Parks & Recreation * through People, Parks & Programs

Late Registration and Check-In 6:30 am

Saturday, September 26, 2009

Also join us for our

FAMILY FITNESS FAIR

8:00 am- 10:00 am

Health and Fitness Booths, Games and Nutritional Information

Proceeds Benefit San Dimas Youth Recreation Programs

The San Dimas Run is co-sponsored by the City of San Dimas and the Los Angeles County Sheriff's Department.

For more information please call 909-394-6230.

This material was not prepared by the Bonita Unified School District.

Any programs and/or event described herein are not necessarily endorsed and will not be supervised by the Bonita Unified School District.

Registration

REGISTER: Online at www.cityofsandimas.com

In Person at San Dimas City Hall Parks and Recreation Department (909) 394-6230

By Mail to: San Dimas Parks and Recreation Department (RUN)

245 E. Bonita Ave. San Dimas, CA 91773

Make check payable to "City of San Dimas"

REGISTRATION INFORMATION:	5K	Fun Run
Pre-registration	$15.00	$8.00
Late registration	$18.00	$10.00

Fee includes a quality race T-shirt

Pre-registration deadline- Wednesday, September 23, 2009

6:30 am	Late registration and check-in at Senior Citizen/Community Center, 201 E. Bonita Ave.
7:30 am	5K Run
8:00 am	Family Fitness Fair
8:30 am	1 Mile Family Fun Run or Walk

ENTRY FEES NON-REFUNDABLE **ALL ENTRANTS MUST SIGN WAIVER**

Last Name:_____ First Name:_____

Address:_____ Phone: (_____)_____

City:_____ State:_____ Zip:_____

E-mail Address: _____

Age on race day:_____ Birthdate:_____ ( ) Male ( ) Female

( ) 1 MILE ( ) 5K **T-shirt Size:** ( ) Youth Large ( ) Adult Small ( ) Adult Medium ( ) Adult Large ( ) Adult Extra Large

Division: (CIRCLE)

15 & under	16-20	21-25	26-30	31-35	36-40	41-45
46-50	51-55	56-60	61-65	66-70	71-75	76 & over

I fully understand that my participation, or that of the minor in my custody as registered, in the above-mentioned activity, presents exposure to the risk of personal injury, death or property damage. I hereby acknowledge that participation in this event/class is voluntary and agree to assume any such risks. I hereby release, discharge and agree not to sue any sponsors and/or the Los Angeles County Sherrifs Department and/or the City of San Dimas, its officers, agents, employees or volunteers for any injury, death or damage to or loss of personal property arising out of, or in connection with, participation in the event/class from whatever cause, including the active or passive negligence of the City of San Dimas, its officers, agents, employees or volunteers or any other participants in the event/class. In consideration for being permitted to participate in the event/class, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless any sponsors and/or the Los Angeles County Sherrifs Department and/or the City of San Dimas from any and all claims, demands, actions or suits arising out of or in connection with my participation in the event/class. I have been warned that I must be in good health to participate in this event and in filing out this form I acknowledge that I am an amateur in such event. I also agree and acknowledge that participant may be photographed while participating, and release use of the participants name and photographs for reproduction in City sponsored publications or in any broadcast, telecast or print media account of the event.

I have carefully read this release, hold harmless and agreement not to sue, and fully understand its contents. I am aware that it is a full release of all liability and sign it on my own free will.

Signature in full:_____ Date:_____ Amount Enclosed: $_____