

Kiwanis Club of the Delta-Antioch, Superintendent of Public Instruction Tom Torlakson,
 East Bay Regional Parks District
 & The City of Antioch Present

The 35th Annual

Holiday Run & Walk for Health & Health Fair!

More Than Thirty Years of Running and Walking for Health!

Saturday, December 10, 2011 - Registration 7:30 AM - Contra Loma Regional Park, Antioch

For more information and to register on line go to <http://www.holidayrun.org/>



Official Entry Form

(Families: Please photocopy and provide an entry form for EACH family member and enclose in same envelope)

Mail This Entry to: 35th Holiday Run and Walk for Health/ Kiwanis Delta-Antioch, 3377 Deer Valley Road #239, Antioch, CA 94531

Name _____ Gender _____ Age _____ Race _____ Day _____

Address _____ EVENT: (Please check)

City/State/Zip _____ 1-Mile Run/Walk _____

Phone (____) _____ Fax (____) _____ 3-Mile Run/Walk _____

Email _____ 10K Run _____

T-Shirt Size: Please circle: Small Med Large X-Large Kids Dashes _____

Participating for:

Library _____ School _____ Police/Fire _____

Library Name

School Name

City/Division Name

NOTE: All race changes must be made by 12/6/11 for pre-registrations.

For changes to your entry, please call: Aaron Ford (925) 405-5869 - NO CHANGES WILL BE MADE ON RACE DAY!

In signing below, I verify that in consideration of your accepting this entry, I intend to be legally bound hereby for myself, my heirs, executors & administrators, waive and release any & all rights I may have against the Kiwanis Club of the Delta-Antioch, Superintendent of Public Instruction Tom Torlakson, Contra Costa Water District, East Bay Regional Park District, the City of Antioch, Antioch Unified School District and all other associated sponsors, promoters and agents for any & all injuries suffered by me in conjunction with and/or arising in and out of my traveling to, participation in, and returning from the Holiday Run & Walk for Health & Health Fair.

Entrant's Signature: _____ Date: _____

(Parent's or Legal Guardian's Signature if participant is under 18 years of age.)

Enclosed is my check or money order in the amount of \$ _____, payable to Kiwanis Delta-Antioch Holiday Run.

Ribbons awarded to all participants. **Medals** awarded to 1st to 5th Place Winners in Male and Female Categories. All Kid Dash Participants receive ribbons! **Trophies** awarded to 1st Place Male and Female Winners in all races. Participant Winner Trophies & All Cash Awards (including \$100 Cash

Prize awarded to anyone who breaks the 3-mile or 10K records) at our Awards Breakfast at Lone Tree Golf Course in January.

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FEES:	Before 12/1	After 12/1
5 and under	FREE (T-shirt - \$8)	FREE (T-shirt -\$8)
6 - 15 years	\$15	\$20
16 -60	\$20	\$25
Seniors (60 & Up)	\$15	\$20
Families*	\$50	\$60

(*Families are up to 4 members, \$10 for each additional member.)

*\$5 extra charge for running in 2 races.

All eligible pre-registered participants will receive a commemorative Holiday Run T-shirt!

1 Mile Run/Walk 9 a.m.

6 & Under, 7-9, 10-12. All ages are welcome. For those over the age of 12, entry is for fitness and fun.

Ribbons will be awarded to all participants.

3 Mile Run/Walk 9:35 a.m.

9 & Under, 10-12, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+

10K Run 9:30 a.m.

13 & Under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Kids Dashes with Santa 10:15 a.m.

3 & Under (20 yards); 4-5 (40 yards); 6-7 (60 yards)