

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

The 49th Annual

Holiday Fun Run & Walk for Health & Health Fair!

More Than Forty Years of Running and Walking Health!

Saturday, December 13, 2025 - Registration 7:30 AM - Contra Loma Regional Park, Antioch



Official Entry Form

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

Mail This Entry to: 49th Holiday Run and Walk for Health / Kiwanis Delta-Antioch, 3377 Deer Valley Road #239, Antioch, CA 94531

Name _____ Gender _____ Race Day Age _____
Address _____ EVENT: (Please check)
City/State/Zip _____ 1-Mile Run/Walk _____
Phone (____) _____ Birth Date _____ 3-Mile Run/Walk _____
Email _____ Kids Dash _____

T-Shirt Size: Please circle: YS, YM, YL, YXL, Adult S, Adult M, Adult L, Adult XL, 2XL

Participating for:

Library _____ School _____ Police/Fire _____
Library Name School Name City/Division Name

NOTE: All race changes must be made by 11/30/25 for pre-registration.

For changes to your entry, please e-mail Aaron Ford at aaron@fordtiming.com - NO CHANGES WILL BE MADE ON RACE DAY!

No refunds, including race-day cancellations due to dangerous weather or racecourse conditions

In signing below, I verify that in consideration of 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, Rotary Club of the Delta-Antioch, Past 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 - 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.

Mail This Entry to: 48th Holiday Run and Walk for Health/ Kiwanis Delta-Antioch, 3377 Deer Valley Road #239, Antioch, CA 94531

FEES: **Early Registration**** **Late Registration*****

	Before 12/1	After 12/1
(+) 5 and under	FREE (T-shirt - \$10)	FREE (T-shirt - \$10)
6 - 15 years	\$30	\$35
16 - 60	\$35	\$40
Seniors (60 & Up)	\$30	\$35
Families*	\$65	\$75

(*Families are up to 4 members, \$10 for each additional member. \$5 extra charge for running in 2 races.)

+ **Early Registration/free T-Shirt does not apply**

**** Early Registration (Before 12/1) includes a commemorative T-shirt.**

***** Late Registration and Same-Day Registration do NOT include a commemorative 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.

10 & Under, 11-14, 15-19, 20-29, 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)