

Lake of the Sky TrailRunners Running Club Presents

WeightWatchers®
WALK-IT CHALLENGE
2010

Weight Watchers Walk-It Day 5K

- Date:** Sunday, June 6, 2010 8:30 a.m.
- Location:** Humbug Willow Creek Trail Folsom, CA
- Course:** The 5K walk follows the Humbug Willow Creek Trail through marshes, through oak woodlands, and along creeks.
- Shirt:** Hanes Beefy T Short Sleeve shirts for all early registered 5K walkers.
Late/Race Day registrants not guaranteed shirt/size
- Entry:** Adult Race Entry (Postmarked by 5/10/10): \$20 & Child (15& under) \$15.
Late Entry (Postmarked 5/11- 6/1): \$25
Race Day: \$30.
Entry Fee is Non-Refundable or transferable.
- Online Registration:** Online at Active.com at http://www.active.com/event_detail.cfm?event_id=1853010
- Information:** Post Race refreshments included for all walkers. For information please email Robert Mathis at Robert@Ultrarunner.net . Visit <http://www.runsac.com/www5k.html> for more information on the race.

Sponsored by:



APPLICATION 2010 Weight Watchers Walk-It Day 5K

LAST NAME _____ FIRST NAME _____ SEX _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ BIRTHDATE _____ AGE (Race Day) _____

ADULT SHIRT SIZE _____ CHILD SHIRT SIZE _____ EMAIL ADDRESS _____

ENTRY FEE:

Adult 5K(Postmarked by 5/10) \$20 _____ From 5/11-6/1 \$25 _____ Race Day \$30 _____
Child(15 & under) 5K \$15 _____

Waiver Must Be Read and Signed Before Mailing:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims for damages I may accrue against the persons and organizations affiliated with the race including but not limited to Weight Watchers Walk-It Day 5K, Weight Watchers, Road Runners Club of America(RRCA), Ultrarunner.net LLC, Lake of the Sky Trail Runners, City of Folsom and County of Sacramento, all sponsors, volunteers, race staff, subcontractors, agents, attorneys, and representatives for any and all injuries that I may suffer while participating in the race or any of its allied or accompanying events, or en route to and from the events. I consent to the use of my image in photos, videos and audio recording and film, of my participation in all Marathon events. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver, I acknowledge that I have read and understand all of the above **All fees are nonrefundable.**

Signature _____ Guardian Signature _____ Date _____

Make checks payable to: UltraRunner.net, 301 Ferry Circle, Folsom CA 95630 (775)232-7933
A Lake of the Sky Trail Runners Running Club Event (A 501 C3 Non Profit Running Club)