



# 5K RUN

Benefiting MDUSD High School Sports

**October 9, 2011 | 9 a.m.  
Newhall Park, Concord**

Parking at Clayton Valley High School

**\$25 Pre-Registration | \$30 Day of Event | \$10 Kiddie Run/Walk (Ages 8 & Under)**

All participants that obtain \$50 in Sponsorship Donations do not pay the Registration Fee!

To Download a Sponsorship Form or Register Online visit [www.unitedmtdiabloathletics.org](http://www.unitedmtdiabloathletics.org)

**Awards:** Given by Gender/  
Age Groups

**Race results posted after  
the race**

**T-shirt** guaranteed to  
runners pre-registered  
**by Sept. 26th.** (8 & Unders  
will receive goody bags only)

**Start/Finish:** Newhall Park  
Turtle Creek, Concord, CA

**Start Times:**  
9:00 am 5K Competitive Run  
9:45 am 5K Fun Run/Walk  
10:30 am Kiddie Run

**Net Proceeds benefit UMDAF**  
to support high school sports

**The school with the most sign-ups will be presented with a trophy to proudly display for a year!**

Race Day registration opens @ 7:15 am

Make checks payable to UMDAF. Mail to 1494 Washington Blvd. Suite E, Concord, CA 94521

**Bibs and t-shirts available for pick up on Friday, 10/8 at Road Runner Sports, Willow Pass, Concord or on Race Day at Event**

## The United Mt. Diablo Athletic Foundation 5K Run/Walk

Race fee: \$25 early registration, \$30 registration the day of, \$10 Kiddie Run (8 & Unders). Make checks payable to UMDAF.

For more information or to Register Online visit [www.unitedmtdiabloathletics.org](http://www.unitedmtdiabloathletics.org)

5K Competitive \_\_\_\_\_ 5K Fun Run/Walk \_\_\_\_\_ Kiddie Run \_\_\_\_\_ GENDER F \_\_\_\_\_ M \_\_\_\_\_ T-shirt Adult Sizing Only S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

\_\_\_\_\_ Sponsorship form included, with \$50 or more of sponsorship donations, no registration fee needed.

**Date of Birth**

MONTH DAY YEAR

ON RACE DAY

AFFILIATED HIGH SCHOOL

AGE: \_\_\_\_\_ X \_\_\_\_\_

Official use only

LAST NAME: \_\_\_\_\_ FIRST: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PH: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**RACE RELEASE:** In consideration of my acceptance as a participant in this event, I, for myself and anyone entitled to act on my behalf, waive and release the County of Contra Costa, the City of Concord, Concord Recreation Services, MDUSD, UMDAF, Newhall Park and volunteers, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in, or travel to and from, this event though that liability may arise out of negligence or oversight on the part of the persons named in this waiver. I appreciate and assume all risks associated with this event. I should not enter and run unless I am medically able and properly trained. I agree to abide by all of the rules of this event as well as any decisions made by race officials regarding my participation. I grant permission for the organizers to use any photographs, quotes or videos of me for legitimate promotions of this event. I understand that this is a "rain or shine" event and there will be no refunds issued. I understand that rollerblades and pets are not allowed on course, all participants must line up at the starting area according to average pace times, and strollers must start in the rear and stay to the right.

**ALL ENTRANTS MUST SIGN WAIVER (PARENT/GUARDIAN IF UNDER 18)**

**DATE**