

The Friendship Club



RUN FOR FRIENDSHIP

A GOLD COUNTRY GRAND PRIX EVENT
SATURDAY, AUGUST 16, 2008

Start/Finish at The Friendship Club, 138 New Mohawk Road, Nevada City, CA

For more information:

Contact Race Director Shawn Ryley at 530-265-4311 or shawnr@friendshipclub.org

For updated information about the race, including a course map, visit us online at www.friendshipclub.org

Entry Fees:

Event is rain or shine - no refunds

Postmarked before August 1: \$20 for persons 13+; \$15 for children 12 and under - includes t-shirt

Postmarked after August 1: \$20 for persons 13+; \$15 for children 12 and under - does not include t-shirt

On-line registration is available at www.active.com

Awards:

Awards for First Overall Male & Female in 5K/10K Runs

Medals for First 3 finishers in each age division for the 5K/10K Runs

YOU CAN RACE, BUT CAN YOU RAISE?

The Friendship Club integrates disadvantaged adolescent girls into the community, teaches them important life skills and empowers them to complete their education and lead responsible lives. Founded in 1995, we offer a year-round program of educational activities, community involvement and emotional support that helps our girls to succeed in school and beyond. Community support makes The Friendship Club possible. All of our funding comes from individuals, businesses, service groups and private foundations and we can use your help.

Runners or walkers who raise money through sponsorships will receive cash awards for their efforts:

The top fundraiser will receive \$250, the number two fundraiser will earn \$150, and number three will earn \$100

Fundraisers can collect checks or cash from their sponsors, or they can raise money with their own personal webpage. The Friendship Club will be working with firstgiving.com so that fundraisers can set up a personal fundraising webpage in conjunction with a homepage set up by The Friendship Club. Sponsors will be able to donate securely online. This sounds complicated, but it is actually very, very easy. To learn how to set up your webpage and begin raising money, contact our Race Director, Shawn Ryley, at shawnr@friendshipclub.org.

The Friendship Club first annual **RUN FOR FRIENDSHIP**

Race Day Schedule:

6:00 - 7:00 Race-day Registration

7:30 5K/10K Runs

7:35 5K Walk (Entry fee includes t-shirt; no awards; not timed; no dogs on the course)

Please send entry form and check payable to:

The Friendship Club, 138 New Mohawk Road, Suite 275; Nevada City, CA 95959

Attn: Run for Friendship

Event: 5K Run 10K Run 5K Walk

Last Name First Name Age Birthdate

Address City State Zip

Email Phone

Youth T-Shirt Size S M L Adult Singlet (tank top) Size S M L XL XXL

Runner/Walker Release and Waiver

I know that running or walking a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including but not limited to falls, contact with other participants, the effects of weather, traffic and conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this "guideline". Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release The Friendship Club, Terra Alta Development Company, the County of Nevada, the City of Nevada City, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permissions to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

MODIFICATION OF WAIVER IN ANY WAY, SHAPE OR FORM WILL RESULT IN REJECTION OF YOUR ENTRY INTO THE RACE

All entrants must sign waiver (parent/guardian if under 18)

Signature Date
