



Twin Cities Church 4th Annual Run for the Community

5K/10K RUN & 5K WALK and free BBQ brunch!

Bonus: Free Kids Run! (10 years old and younger)

Saturday, May 22, 2010

RUN/WALK START TIME IS 8:30 A.M.

★ Gold Country Grand Prix Series – Race #3 ★



Run for the Community proceeds help TCC serve extreme community needs such as high risk students, inmates at Wayne Brown Correctional Facility, the elderly in need, and our local schools.

PLACE: Twin Cities Church, 11726 Rough & Ready Highway, Grass Valley, California

TIME: Registration opens at 7:00 a.m. Run/Walk start time is 8:30 a.m. Kids run begins at 8:15 a.m.

ENTRY FEE/ Run /Walk pre-registration is **\$20 if postmarked by May 11th**, and includes a t-shirt.

T-SHIRTS: Race day registration or entries postmarked after May 11th is \$25, and does NOT include a t-shirt. Additional t-shirts may be available to purchase on a first come, first served basis on the day of the event.

COURSE: 5K/10K Run & 5K Walk begin simultaneously, and start and end at Twin Cities Church. Course will be available on-line prior to the race (www.TwinCitiesChurch.com). No dogs are allowed on course. Strollers are allowed on 5K Walk course only, and at your own risk. The 10K run will follow last year's re-designed (and acclaimed!) course.

AWARDS: The 5K and 10K awards will be presented for Male and Female Top 3 Overall and Top 3 in each age division. All children participating in the Free Kids Run will receive a participation medal (t-shirt not included).

For further information and registration contact: Twin Cities Church at (530) 273-6425 x 450 or e-mail Angel@TwinCitiesChurch.com, or the physical church site on Sunday mornings or during office hours. For mail in pre-registration return the bottom portion of this form with a \$20.00 check made payable to Twin Cities Church and mail (postmarked by May 11th) to: Twin Cities Church (TCC)

Attn: Run for the Community
11726 Rough & Ready Hwy.
Grass Valley, CA 95945



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PLEASE CIRCLE/COMPLETE ALL APPROPRIATE INFORMATION:

MALE or FEMALE 5K RUN or 10K RUN or 5K WALK

AGE DIVISIONS (Your age on race day, 5/22/10):

10 & under 11-14 15-18 19-29 30-39 40-49 50-59 60-69 70 & over

T-SHIRT SIZE: Youth M _____ L _____ or Adult S _____ M _____ L _____ XL _____ XXL _____

Name (print clearly) _____ E-mail _____

Address _____

City _____ State _____ Zip _____ Phone _____

Date of Birth _____ Age on May 22, 2010 _____

Waiver: I hereby waive all legal rights I may have against TCC or any individuals, volunteers, or organizations associated with the event organizers in the case of injury or death during the event or while traveling to or from the event or because of dissatisfaction with any aspect of the event. I further attest that I am physically fit and have adequately trained for participation in the event I am entering.

Signature _____

Date _____

(Must be signed by parent or guardian if participant is under age 18)