



# Twin Cities Church 6th 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 19, 2012**

**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:** Event day registration opens at 7:00 a.m. Run/Walk start time is 8:30 a.m. Kids run begins at 8:20 a.m.
- ENTRY/SHIRTS:** Run /Walk pre-registration is **\$25 if postmarked by May 7**, and includes a custom t-shirt. Children 12 and under are \$15. Race day registration or entries postmarked after May 7 (or online registration after May 8) are still \$25/\$15, but do NOT include a t-shirt. Additional t-shirts may be available to purchase 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](http://www.TwinCitiesChurch.com)). No dogs are allowed on course. Strollers are allowed on 5K Walk course only, and at your own risk.
- 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 more information and registration contact:** Twin Cities Church at (530) 273-6425, e-mail [Angel@TwinCitiesChurch.com](mailto:Angel@TwinCitiesChurch.com), or go to 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 check payable to "TCC" and mail to:  
Twin Cities Church (TCC)  
Attn: Run for the Community  
11726 Rough & Ready Hwy.  
Grass Valley, CA 95945

**NEW THIS YEAR!** No-fee online registration at [www.twincitieschurch.com](http://www.twincitieschurch.com)!

----- cut here ----- cut here ----- cut here -----

**PLEASE CIRCLE/COMPLETE ALL APPROPRIATE INFORMATION:**

MALE or FEMALE 5K RUN or 10K RUN or 5K WALK  
AGE DIVISIONS (Your age on race day, 5/19/12): **10 & under** **11-14** **15-18** **19-29** **30-39** **40-49** **50-59** **60-69** **70 & over**

T-SHIRT SIZE :

Youth M \_\_\_ L \_\_\_ Mens S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ Womens S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Name (print clearly) \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on May 19, 2012 \_\_\_\_\_

\*\*\*\*\*  
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)