



RUN FOR FRIENDSHIP

A 5K WALK/RUN AND 10K RUN TO BENEFIT THE FRIENDSHIP CLUB A GOLD COUNTRY GRAND PRIX EVENT SATURDAY, SEPTEMBER 11, 2010

Can't make it? Sleep in for Friendship: Send us \$25 and we will send you a Friendship Club baseball cap

Our Mission:

The Friendship Club engages, educates and empowers girls at risk in Nevada County.

Race Day Schedule:

6:30—7:45 AM Race-day Registration
8:00 AM 5K/10K Runs
8:10 AM 5K Walk

For Information:

Please visit <http://www.friendshipclub.org/events>, or call Michelle at 530-265-4311

Location:

The Run for Friendship begins and ends at The Friendship Club office parking lot at 138 New Mohawk Road, Nevada City, CA 95959

Entry Fees and Deadlines:

- Postmarked August 20 or before: \$20 for persons 13+ and \$15 for 12 and under
- Postmarked after August 20: \$25 for persons 13+ and \$15 for children 12 and under
- All registrants will receive a Friendship Club baseball cap on race day
- Refreshments and awards will also be provided to race participants

You can race, but can you raise?

An investment in our girls is an investment in our community. Please consider helping us make a difference by fundraising with us. Visit www.firstgiving.com/friendshipclub to set up your personal fundraising page, or use the off-line fundraising page on the back of this form. Call Michelle at 530-265-4311 for more information!

Please send entry form and check payable to:
The Friendship Club, 138 New Mohawk Road, Suite 275, Nevada City, CA 95959

Last Name: _____ First Name: _____ DOB: _____

Mailing Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ Email: _____

Race Day Age Division (Circle): 10&Under 11-14 15-18 19-29 30-39 40-49 50-59 60-69 70+

Gender: Male Female Event: 5K Walk 5K Run 10K Run

Runner/Walker Release Waiver: I know that running or walking a road race is a potentially hazardous activity. I should not enter a 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 these "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.

Signature of Participant / Date

Signature of Parent/Guardian (if under 18) / Date

