



5K Tiger Fun Run



and 1-Mile Family Run/Walk

July 25, 2009



Memorial Hospital
Los Banos

A Sutter Health Affiliate



EVENT TIMES

Race Day Registration	7:00-7:50 a.m.
5K Fun Run	7:50 a.m.
1-Mile Family Run/Walk	8:15 a.m.
Course Closes	9:00 a.m.
Award Presentation	9:30 a.m.

LOCATION

Los Banos Fairgrounds, 403 F Street, Los Banos.

COURSE

1-Mile Family Run/Walk is a loop inside of the Los Banos Fairgrounds. 5K is a scenic route around the Fairgrounds and out into the beautiful city of Los Banos, including portions on the Railtrail and Seventh Street. There will be some water fountains along the trail and refreshments at the finish of the run.

Make sure you properly hydrate before the run/walk.

AWARDS

Pre-registered participants will receive a free T-shirt while supplies last. There will be an awards ceremony at 9:30 a.m. on Los Banos Enterprise stage.

5K Tiger Fun Run: Top 20 males and females will receive medals

1-Mile Run/Walk: Participants are eligible to receive a ribbon

Championship Award: The club/group with the most registered runners will receive the 2009 Tiger Fun Run Championship Award.

WAYS TO REGISTER

Online: www.losbanosrunners.com

Mail: Send complete entries and check or money order by July 1 to FUN RUN, c/o LBHS Cross Country Coach, 1966 11th St. Los Banos, CA 93635

Race Day: between 7:00-7:50 a.m. at the starting booth.

ENTRY FEE—DISCOUNT IF YOU REGISTER BEFORE JULY 1

Please make checks payable to LBHS Cross Country Team.

Run registration before 7/1/09	\$20.00
Run registration after 7/1/09	\$25.00
Walk registration before 7/1/09	\$10.00
Walk registration after 7/1/09	\$15.00

All proceeds benefit the Los Banos High School Cross Country Team

REGISTRATION: 5K Tiger Fun Run and 1-Mile Family Run/Walk entry fees: \$20 by July 1, \$25 after July 1, \$10 youth (8 and under) before July 1. Make checks payable to LBHS Cross Country and mail to FUN RUN, c/o LBHS Cross Country Coach, 1966 11th Street, Los Banos, CA 93635. For questions, e-mail coach@lbtigersxc.com or call (209) 752-9728.

5K _____ 1-Mile _____ T-shirt (choose one) M _____ L _____ XL _____ Gender M _____ F _____

Last Name _____ First _____ Age _____

Address _____ City/State/Zip _____

Phone (____) _____ - _____ E-mail _____

Club Name (if applicable) _____

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 all event organizers and volunteers, Memorial Hospital Los Banos, Los Banos Unified School District, the City of Los Banos and all its municipalities and sponsors from rights and claims for damages that I understand are associated with this event, which are included but not limited to; falls and scrapes, contact with other runners/walkers, effects of the weather including

high temperature. I should not enter and run/walk unless I am medically able to do so. I agree to abide by all of the rules and regulations 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 all participants must line up at the starting area according to average pace times and that strollers must start in the rear and stay to the right.

X _____
ALL ENTRANTS MUST SIGN WAIVER (Parent or Guardian if under 18 years of age) DATE _____