

Nutrition Fuels Fitness

9th Annual 5k/10k & Kids' Fun Run

Sunday, March 25, 2012

Elk Grove Regional Park
Elk Grove, CA



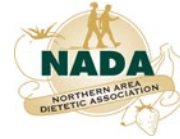
Celebrating National Nutrition Month

HELP US FIGHT CHILDHOOD OBESITY

All proceeds will be directed to:

- Community programs that encourage children to be active
- Scholarships for children to participate in group activities

Presented By:



RACE DAY SCHEDULE: Sunday, March 25, 2012

- 8:10 a.m. Kids Warm-up
- 8:15 a.m. ¼ mile Kids' Fun Run (5 yrs & under)
- 8:20 a.m. ½ mile Kids' Fun Run (6-10 yr olds)
- 8:35 a.m. 5K Run/Walk & 10K Run

WHERE Jerry Fox Aquatic Center
Elk Grove Regional Park, Elk Grove, CA

- FEATURES**
- Separate Kids' Fun Run
 - Custom T-shirts
 - ChronoTrack Disposable Tag Timing
 - Accurately measured course
 - Awards
 - Fueling Station - All registered participants will be provided a complimentary breakfast sponsored by local food vendors
 - Free Family Fun Festival

PRE-RACE PACKET PICK-UP

Friday, March 23th (10 a.m. to 7 p.m.)
Saturday, March 24th (10 a.m. to 6 p.m.) at:
Fleet Feet 2311, J Street, Sacramento

FREE FAMILY FUN FESTIVAL

- Booths with nutritional information and tasting
- Inflatable Activities, Music and Games
- Enjoy activities that promote fitness for a lifetime
- Local youth talent performs on stage*

*If you are in charge of or belong to a children's organization and are interested in featuring their talents at this event, please contact dsl-rd@hughes.net

PLEDGES Various prizes will be awarded to participants who collect pledges. For more information visit www.nutritionfuelsfitness.org

FEES 5K/10K INDIVIDUAL ENTRY FEES:
Early registration fees through March 18th: \$30
Late and race-day registration: \$35
KIDS' FUN RUN FEES (12 & Under): \$17 anytime
No Refunds

INFO ONLINE REGISTRATION, race information and results available at www.nutritionfuelsfitness.org

RACE MANAGEMENT & TIMING by *Capital Road Race Management*

Official Entry • Nutrition Fuels Fitness • 5K/10K • Sunday, March 25, 2012

Please print clearly, one registration form per entry, photocopies OK. Please do not staple check to entry form.

Registration: 5K/10K - postmarked by March 19, 2012: \$30 • Late and race-day: \$35 • Kids' Fun Run (12 & under): \$17

Make checks payable to: NADA • Mail entry to: P.O. Box 161567, Sacramento, CA 95816

Official use only

Circle One	On Race Day	Please indicate race (check one)			E-Mail Address (Important for race updates)				
SEX	M <input type="checkbox"/> F <input type="checkbox"/>	AGE	<input type="text"/>	<input type="checkbox"/> 5K Run/Walk	<input type="checkbox"/> 10K Run	<input type="checkbox"/> Kids Fun Run			
LAST NAME	<input type="text"/>				FIRST	<input type="text"/>			
ADDRESS	<input type="text"/>								
CITY	<input type="text"/>				STATE	<input type="text"/>	ZIP	<input type="text"/>	
T-SHIRT	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	KIDS	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/>	PHONE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

OFFICIAL WAIVER: All participants must read, understand and sign this form prior to taking part in this event. I hereby affirm that I am in proper physical condition to participate in the Nutrition Fuels Fitness (NFF) 5K/10K and in consideration of the acceptance of this entry, agree to assume all risk of injury to myself and all risk of damage or loss of property arising out of my participation in this event; to release and forever discharge the sponsors and promoters of this event including, the Cosumnes Community Services District, the City of Elk Grove, the Elk Grove Police Dept., CRRM, NADA and all sponsors, subcontractors and volunteers, which may arise from my participation in the event. In consideration and of my own free will, I, for myself, my heirs, executors, administrators and assigns, indemnify and hold harmless all of the aforementioned sponsors and promoters from all liability, claims, demands, actions, loss and/or damage arising out of my participation in the NFF event. I also grant permission to use my picture in any broadcast, telecast, or photo taken at this event.

I heard about this event via: (Check all that apply)
 U.S. Mail Another running event Sport store
 Health club CSD Activity Guide / CSD Event

I would like to make a donation to childhood obesity prevention programs:
 \$200 \$100 \$50 Other \$
Donations are tax deductible. Tax ID # 94-3143388

Signature (parent or guardian if under 18) _____ Date _____

This is not an Elk Grove Unified School District sponsored program and Elk Grove Unified School District accepts no liability or responsibility for this program/activity.