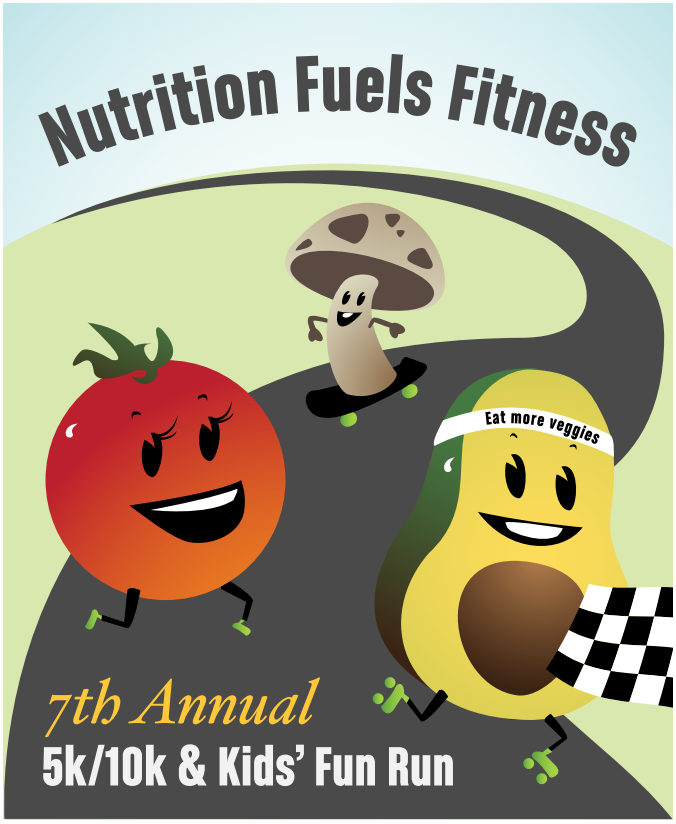
Celebrating National Nutrition Month



Sunday, March 28, 2010
Elk Grove Regional Park
Elk Grove, CA

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:

Event Details

RACE DAY SCHEDULE

Sunday, March 28, 2010

8:10 a.m. ¼ mile Kids' Fun Run (5 yrs & under)
8:15 a.m. ½ mile Kids' Fun Run (6-9 yr olds)
8:20 a.m. ½ mile Kids' Fun Run (10-12 yr olds)
8:35 a.m. 5K Run/Walk & 10K Run

WHERE

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

FEATURES

In addition to the race T-Shirt, all registered participants will receive:

- Complimentary breakfast at the *Fueling Station* featuring food from local food vendors
- ChampionChip timing & awards
- Stroller Start led by *StrollerFit®*
- Massages

FREE FAMILY FUN FESTIVAL

- Nutrition Decathlon provided by *5 a Day Power Play!* a program of the Health Education Council
- Booths with nutritional information and tasting
- Inflatable activities, music and games...
- Wiffle Ball Home Run Derby
- Local youth talent 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

PRE-RACE PACKET PICK-UP

Friday, March 26th (10 a.m. to 7 p.m.)
Saturday, March 27th (10 a.m. to 6 p.m.) at:
Fleet Feet 2311 J Street, Sacramento
Only checks & cash accepted for in-person registration.

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 21: $25
Late and race-day registration: $30
KIDS' FUN RUN FEES (12 & Under): $15
No Refunds

INFO

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

RACE MANAGEMENT & TIMING by *Capital Road Race Management*

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.

Official Entry • Nutrition Fuels Fitness • 5K/10K • Sunday, March 28, 2010

Official use only

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

Registration: 5K/10K - postmarked by March 21, 2009: $25 • Late and race-day: $30 • Kids' Fun Run (12 & under): $15
Make checks payable to: NADA • Mail entry to: P.O. Box 161567, Sacramento, CA 95816

Circle One — On Race Day — Please indicate race (check one)

SEX M F **AGE** ☐ 5K Run/Walk ☐ 10K Run ☐ Stroller Race (5K only) ☐ Kids Fun Run E-Mail Address (Important for race updates)

LAST NAME **FIRST**

ADDRESS

CITY **STATE** **ZIP**

T-SHIRT S M L XL XXL **KIDS** S M L **PHONE**

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

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 for 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 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, administers 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.

Signature (parent or guardian if under 18) Date