

TGIF!



the 22nd annual

# Foster Park Runs

## FRIDAY, AUGUST 28, 2009

Yes, Friday Night racing! Race Friday night, and you can sleep in this weekend!

### \*10K race

the traditional out-and-back course on the paved bicycle path;

### \*5K walk

non-competitive; evenings in Ojai are perfect for a walk under oaks & sycamores that line this route;

### \*3K cross country race

for boys and girls 18-and-under; out-and-back course on horse trail adjacent to bike path

Merchandise awards for overall and age group winners in 10K and for top three boys and girls in 3K. 3K winners crowned Ventura County 3K male/female champions and have names engraved on the perpetual trophy.

## ALL EVENTS START AT 5 P.M.

Post-race drawing with lots of prizes and live music. Pack a picnic and enjoy a night in the park with your running friends!

**COSTS:** 10K \$30, 5K \$20, 3K \$5. 10K & 5K entry includes T-shirt and prize drawing entry. 3K add \$5 for T-shirt. You may register the day of the race, but only entrants registered by August 21 are guaranteed T-shirts. Proceeds benefit Nordhoff basketball.

For more information: contact Inside Track:

Telephone: (805) 643-1104. Address: 38 W. Main Street in Ventura. E-mail: [insidetrack@live.com](mailto:insidetrack@live.com).

REGISTRATION FORM - Please print clearly, sign waiver and return with check.

Make checks payable to "Nordhoff" and mail with entry to 210 Topa Topa Dr.; Ojai 93023.

First and Last Name: \_\_\_\_\_ E-mail: \_\_\_\_\_  
10K, 5K or 3K? (circle one) Age: \_\_\_\_\_ Sex: \_\_\_\_\_ T-shirt size: \_\_\_\_\_ Telephone #: \_\_\_\_\_

Acknowledgement Waiver and Release from Liability (Must be signed by participant or guardian of minor): I understand that participating in this event, or any subsequent make-up date, is potentially hazardous and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident that may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that I do not have the exclusive right of way on the course and must use due caution. Having read this waiver and knowing and understanding these facts and in consideration of your accepting my entry, I, for myself and for anyone entitled to act on my behalf, waive and release Giorgio's and Young Life and all other sponsors, their representatives and successors from all claims of liabilities of any kind arising from my participation in this event. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

ENTRANT'S SIGNATURE \_\_\_\_\_ (parent/guardian must sign if not 18) DATE \_\_\_\_\_