

Entry Form

13th Annual Elk Grove Food Bank Services

Saturday, June 24, 2017, 7:30 a.m.

Entry form also online at www.EGRun4Hunger.com

Please do not mail entry form after 6/16/17

NO REFUNDS - This event will proceed rain or shine.

Entry Fees

(Available on-line; Sponsorship, Fundraising/Pledge, Gift registration and Donation options)

Adult 5K/10K \$35 (1/1/17 - 4/30/17)
Individual or Team* \$40 (5/1/17 - 6/23/17)
\$45 (race day 6/24/17)

Student 5K/10K \$20 (1/1/17 - 4/30/17)
Ages 18 & under \$25 (5/1/17 - 6/23/17)
Individual or Team* \$30 (race day 6/24/17)

Kids 1/4 & 1/2 Mile \$10 (1/1/17 - 4/30/17)
Ages 12 & under \$15 (5/1/17 - 6/23/17)
Individual or Team* \$20 (race day 6/24/17)

Virtual Runner \$30 (1/1/17-6/24/17)

*Accepting teams with 10 member minimum thru 6/16/17

See EGRun4Hunger.com for fundraising information.



JUNE 24, 2017 ■ 5K & 10K RUN/WALK

ELK GROVE REGIONAL PARK

Proceeds from the EGRun4Hunger benefit the Elk Grove Food Bank Services (EGFBS), a nonprofit dedicated to alleviating hunger, developing programs to build client self-sufficiency, and provide an opportunity for volunteerism. The work of EGFBS benefits over 4,000 individuals from the Elk Grove area every month.

Registration includes; disposable chip timing for 5K/10K race, age group, highest fundraising individual and highest fundraising team awards, tech t-shirts, flat course and post-race festival.



Complete this form, sign waiver and enclose check payable to EGFSB and mail to: Elk Grove Food Bank Services, P. O. Box 1447, Elk Grove, CA 95759

Only one person per entry form.

Promo Code: _____

Gender: Male Female

Age on Race Day: _____

(T-shirts only guaranteed for registration received by June 1, 2017.)

Adult Tech T-SHIRT SIZE (Circle one) S M L XL XXL

Youth Tech T-SHIRT SIZE (Circle One) S M L

Kids Cotton T-Shirt (Circle One) S M L

Individual (Check One) 10K 5K Kids 1/2 Mile Kids 1/4 Mile Virtual Runner

Team Member (Check One) Adult Team Student Team Kids Team

TeamName _____

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ Zip Code _____

Day Time Phone # () _____ Email (Required for updates) _____

Liability Statement: I acknowledge that participation in a run/walk is a potentially dangerous activity. I affirm that I am in proper physical condition and have appropriately trained. To the fullest extent allowed by law, I agree to WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY the City of Elk Grove, the Elk Grove Food Bank Services, Capital Road Race Management, Cosumnes Community Services District, the Running Zone, and the event coordinators, sponsors, permitting agencies, and volunteers, their representative and successors from any and all liability on account of, or in any way resulting from injuries and damages, even if caused by their negligence in any way connected with this run and finish line event. I further agree to HOLD HARMLESS all aforementioned parties from any claims, damages, injuries or losses caused by my own negligence while participating in this event. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assignees, and includes any minors accompanying me on the run. I have read this document in its entirety and I freely and voluntarily assume all risk of such injuries and damages and notwithstanding such risks. I agree to participate in the event.

Signature: _____ Date _____

Entry is non-refundable. Event happens rain or shine.

All entrants must sign waiver (if under 18, parent or legal guardian must sign WAIVER), attendance at event is consent to be photographed.

This is not an Elk Grove Unified School District sponsored program and EGUSD accepts no liability or responsibility for this program/activity. (Rev 1/11/17)