



Half-mile Youth Fun Run!

at Briggs Park, 125 Manseau Drive, Folsom

Saturday, May 17, 2008



Sponsored by: KAISER PERMANENTE® **thrive**

Event Times:

- 6:30 a.m. – Race Day Registration opens (at Raley's on the corner of Blue Ravine & East Natoma)
- 7:45 a.m. – Pre-race Warm-up (at Briggs Park)
- 8:00 a.m. – 1/2-Mile Youth Fun Run (at Briggs Park)
- 8:25 a.m. – 10K & 5K runners and walkers

Info. for Mom & Dad:

Half-mile Youth Run – FREE!
10K/5K runners and walkers:

Entries postmarked by May 2:

Entry fee & T-shirt – \$25

After May 2:

Entry fee & T-shirt – \$30

T-shirt only (adult or youth) – \$12

Register online at *online registration powered by*

Youth Runners Receive:

- Every registered youth participant that crosses the 1/2 mile finish line will receive a winners MEDAL sponsored by KASIER and a goodie bag filled with lots of treats!
- FREE raffle ticket for loads of neat prizes including BIKES and RunningShoes!!!

Return Form To:

Mail to: Folsom's Run With Nature, 50 Natoma Street, Folsom, CA 95630

Or FAX to: (916) 351-5931

Although the Youth Race is free, all participants must register!

Web site:

www.folsomrunwithnature.com

Race & Volunteer Hotline:
(916) 355-7366



Packet Pick Up:

Packet Pick-up:
 Thursday & Friday, May 15 & 16
 4:00-8:00 p.m.
 Raley's at The Parkway, 25025 Blue Ravine Rd.

Late Registration:
 6:30 a.m. Race Day
 Raley's at The Parkway, 25025 Blue Ravine Rd.

Race Highlights:

- OVER \$4,000 worth of great raffle prizes!
Mizuno Shoes, Fleet Feet Gift Cards, Bicycles valued at \$100, dinners and more!
- Special prizes valued at \$75 or more will be awarded to random participants that CROSS the finish line! You don't need to be the fastest to win a great prize.
- Prizes to top male and female – 10K, 5K, and age categories: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Post-race raffle for all participants!
- **Make Run With Nature a family challenge!**

Entry Form Folsom's Run With Nature May 17, 2008

One person per entry form; photocopied forms are acceptable.

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Age on Race Day _____ Day Phone () _____ Emergency Phone () _____

E-mail address: _____

Event: 10K 5K Youth 1/2 Mile T-shirt size: ADULT S M L XL XXL YOUTH S M L

I agree to indemnify and hold harmless the City of Folsom, The Folsom Athletic Association, The Friends of the Folsom Parkway, Parker Development Company, Raley's, Capitol Road Race Management, their employees, contractors, and officials, and any other co-sponsoring agencies from any and all liability for injuries and damages which may arise as a result of my participation in this activity. I further agree that the City of Folsom Parks & Recreation Department may act in an emergency as best fits the situation in the event that myself or an emergency contact cannot be reached. I am aware that the sponsoring organizations do not carry medical insurance for participants in this activity. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc.

Participant's signature _____ Today's date _____ Parent/Guardian if participant is under 18 years of age _____

For VISA/MasterCard Payment – Card Number _____ Exp. Date _____ Authorized cardholder's signature _____

Please make checks payable to: Folsom Recreation

OFFICIAL USE ONLY	
Race # _____	Visa/MC _____
Check _____	Cash _____