



## 13ANNUAL SPRING HAS SPRUNG/WALK 5K SUNDAY MAY 10, 2015

FEATURING TECH SHIRTS for 5K and Youth T—Shirts for Kids Run  
CHIP TIMING & REFRESHMENTS GALORE!

|                   |   |
|-------------------|---|
| <b>Event Fees</b> | Early Registration by May 3—Adult 5K Run/Walk: \$30<br>Youth/Super Senior (19 AND UNDER or 70 and above) 5k Run/Walk \$20<br><b>After May 3rd and on Race Day Adults \$35 Youth/Super Senior \$25 for 5K Register Early!</b><br>No guarantee of 5K Event Shirt after MAY 3 <sup>RD</sup> -Register Early!<br>Kids Run registration: $\frac{1}{2}$ K (ages 4-5) and 1K (10 and under): \$10 (shirt included while supplies last)<br>Discount on <u>Adult registration</u> for members of the Lake County Milers: \$3 off |
| <b>Location</b>   | <b>Start and Finish at Coyote Valley Elementary School, 18950 Coyote Valley Rd. Hidden Valley Lake</b>  |
| <b>Course</b>     | Fast, flat loop on paved course in Hidden Valley Lake Golf Course Community   |
| <b>Time</b>       | Check-in/race-day registration 7AM -7:45AM<br>Event start: 8:00AM Kids Runs, 8:30AM 5K Run/Walk   |
| <b>Medals</b>     | <b>Overall 5K Run: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male &amp; Female and 1<sup>st</sup> - 3<sup>rd</sup> for each age division:</b><br><b>10 &amp; UNDER, 11-14, 15-19, AND AGES 20-70+ 5 year increments</b><br><b>Kids 1K: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Boy &amp; Girl divisions for ages 6-7 and 8-10 Half K: AGES 4-5</b>  |
| <b>Benefits</b>   | <b>Lake County High School Athletics</b>  |
| <b>Register</b>   | Register online through May 3rd at <a href="https://runsignup.com/spring">https://runsignup.com/spring</a> or download mail-in form and mail<br>Email Jeanine Burnett at <a href="mailto:lakecountymilers@gmail.com">lakecountymilers@gmail.com</a> for any questions<br>Event will be held rain or shine   |

## Spring Has Sprung MAIL-IN REGISTRATION FORM

Make checks payable to Lake County Milers. Send to Lake County Milers PO Box 490, Middletown CA 95467

**NOTE: Need a separate registration form for each participant**

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

5K RUN \_\_\_\_ Kids 1/2K \_\_\_\_ (ages 4-5) Kids 1K \_\_\_\_ (ages 6-10) FEMALE \_\_\_\_ MALE \_\_\_\_

Age on Race Day \_\_\_\_ Birthday \_\_\_\_ TOTAL AMOUNT ENCLOSED \$ \_\_\_\_

TECH SS SHIRT SIZE: SM \_\_\_\_ MED \_\_\_\_ LRG \_\_\_\_ XLRG \_\_\_\_ \* OPTION: Women \_\_\_\_ Men \_\_\_\_ TANK \_\_\_\_ (BY April 12 for tank)

KIDS T-SHIRT SIZE: SM \_\_\_\_ MED \_\_\_\_ LRG \_\_\_\_ \*Note: extended sizes available online registration only until April 12

**WAIVER:** I hereby affirm that I am in proper physical condition to participate in the Spring Has Sprung run, 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 all sponsors and promoters including but not limited to the Road Runners Club of America, the Lake County Milers members and officers, the County of Lake, subcontractors and all volunteers, which may arise from my participation in this event, I understand that my entry is non-refundable and non-transferable

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Signature of Parent or Guardian if under 18)