



6th ANNUAL KELSEYVILLE DONUT RUN/WALK 5K
SATURDAY APRIL 11, 2015
FEATURING TECH SHIRTS for 5K and Youth T—Shirts for Kids Run
CHIP TIMING & DONUTS GALORE!

- Event Fees** Early Registration by April 4—Adult 5K Run/Walk: \$30 Youth (19 AND UNDER) 5k Run/Walk \$20
After April 4th and on Race Day Adults \$35 Youth \$25 for 5K Register Early!
No guarantee of 5K Event Shirt after April 4th (for best size/gender selection register by March 8th)
Kids Run registration: ½ K (ages 4-5) and 1K (10 and under): \$10 (includes shirt if registered by March 8)
Discount on Adult registration for members of the Lake County Milers: \$3 off
- Location** Adobe Creek Packing located at 4825 Loasa Road in Kelseyville
- Course** Fast, flat loop on paved course alongside vineyards and country roads
- Time** Check-in/race-day registration 7AM -7:45AM
Event start: 8:00AM Kids Runs, 8:30AM 5K Run/Walk
- Metals** **Overall 5K Run: 1st, 2nd, 3rd Male & Female and 1st - 3rd for each age division:**
10 & UNDER, 11-19, AND AGES 20-60+ in 10 year increments
Overall 5K Walk: Overall winner male/female 5 deep (no age division)
Kids 1K: 1st, 2nd, 3rd Boy & Girl for ages 6-7 and 8-10 Half K: AGES 4-5
- Benefit** KHS Athletics; Track and Cross Country Teams
- Register** Register online through April 8th at <https://runsignup.com/donutrun> or download mail-in form and mail
Email Shirley at: shirleyacp@sbcglobal.net for any questions
Event will be held rain or shine

MAIL-IN REGISTRATION FORM

Make checks payable to Lake County Milers. Send to Lake County Milers PO Box 1257 Kelseyville, CA 95451

NOTE: Need a separate registration form for each participant

FIRST NAME _____ LAST NAME _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
EMAIL _____ PHONE _____

5K RUN ___ 5K WALK ___ (NO running in Walk) 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 March 8th for tank)
KIDS T-SHIRT SIZE: SM ___ MED ___ LRG ___ *Note: extended sizes available online registration only until March 8th

WAIVER: I hereby affirm that I am in proper physical condition to participate in the 5K Kelseyville Donut Run/Walk, 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 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)