

## SCHEDULE OF EVENTS

6:00 a.m.-7:00 a.m. Same Day Registration  
6:30 a.m.-7:30 a.m. Same Day Bib Packet Pick Up  
7:30 a.m. Opening Remarks/Warm Up  
8:00 a.m. Run/Walk Begins  
9:30 a.m. (approx.) Awards

- ♦ Event will be held rain or shine - No bikes, skate boards, scooters or pets (except service animals) - Strollers are welcome - Ample free parking - Water stations throughout the route - No refunds

## EARLY BIB PACKET PICK UP

Friday, February 23, 2018  
9 a.m. - 9 p.m.  
**Apollo Park Gymnasium**  
12544 Rives Ave.  
Downey, CA 90242

## FOR MORE INFORMATION

Phone# 562/904-3577

Website: [www.dusd.net/tlc](http://www.dusd.net/tlc)



Downey TLC



DowneyTLC



TLCDowney



True Lasting Connections

Family Resource Center

## AWARDS

Overall Male & Female  
Age Divisions

YOUTH

Male & Female

5-10, 11-14, 15-18

ADULT

Male & Female

19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+



TLC FAMILY RESOURCE CENTER

Creating a True Lasting Connection between the City of Downey and the families of the Downey Unified School District to help students be their best.

TLC is a reflection of our caring community.  
Thank you for your support.

**Help yourself and help others!**



STAY HEALTHY DOWNEY

**TLC**  
**5K**  
6th ANNUAL

**FUN RUN/WALK**

BENEFITING DOWNEY UNIFIED SCHOOL  
DISTRICT'S TLC FAMILY RESOURCE CENTER



**February 24, 2018**  
**8:00 a.m.-10:00 a.m.**

**RACE LOCATION**

APOLLO PARK  
12544 RIVES AVE.  
DOWNEY, CA 90242

FIRST NAME: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

AGE (on race day): \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

GENDER:    M    F

E-mail: \_\_\_\_\_

PHONE NUMBER: (\_\_\_\_)\_\_\_\_\_

TEAM NAME (No Team Discount): \_\_\_\_\_

PARENT'S NAME (if child is under 18):

**For EARLY registration only**

**T-SHIRT:** Adult sizes ONLY, please circle one

**SIZE: S M L XL XXL**

WAIVER I hereby agree to participate in the 5K for TLC and hereby waive, release and discharge any and all claims or rights to claims for damages for death, personal injury, or property damage which I may have or which may hereafter accrue to me or the minor child as a result of said participation in the 5K for TLC. This consent & release is intended to discharge in advance the City of Downey, the Downey Unified School District (DUSD), Apollo Park and Los Angeles County and their respective officers, officials, directors, trustees, employees, agents and volunteers from and against any and all liability arising out of or connected in anyway with the participation in the 5K for TLC even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned herein. I further understand that serious accidents may occur during the event, and that participants may sustain serious personal injuries, and/or property damage as a consequence thereof. Knowing the risks of said activity, nevertheless, I hereby agree to assume those risks and to release and hold harmless the City of Downey, DUSD, Apollo Park, and Los Angeles County and their respective officers, officials, directors, trustees, employees, agents and volunteers, who, through negligence or carelessness, might otherwise be liable to me, the minor child or our respective heirs, or assigns for damages. It is further understood and agreed that this waiver, release and assumption of the risk is to be binding on my heirs and assigns. I agree to accept and abide by the rules and regulations of the 5K for TLC. I HAVE CAREFULLY READ THIS WAIVER, RELEASE, ASSUMPTION OF THE RISK & INDEMNIFICATION AGREEMENT, I AM AWARE THAT THIS IS A WAIVER, RELEASE OF LIABILITY. ASSUMPTION OF THE RISK & INDEMNIFICATION AGREEMENT BETWEEN ME AND THE CITY OF DOWNEY, DUSD, APOLLO PARK AND LOS ANGELES COUNTY. I also agree to indemnify, defend, and hold harmless Apollo Park; Los Angeles County and its Special Districts elected and appointed officers, employees, and agents from all liability.

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

## 3 WAYS TO REGISTER

- **On-line at:** <https://runsignup.com/Race/CA/Downey/HealthyDowney5KforTLC>
- **Mail registration form with payment (Checks payable to TLC) to:** 13220 Bellflower Blvd., Downey, CA 90242
- **In-person registration (drop-off) at one of the following locations:**
  1. TLC—13220 Bellflower Blvd., Downey, CA 90242  
(Corner of Foster and Bellflower)  
Hours: 7:30 a.m.—3:30 p.m. Monday—Friday
  2. Barbara J. Riley Community & Senior Center -  
7810 Quill Dr., Downey, CA 90242  
Hours: 8:00 a.m.—5:00 p.m. Monday—Friday  
10:00 a.m.—2:00 p.m. Saturday

**Confirmation will be sent via e-mail.  
Please ensure to include a valid e-mail  
address on the registration form.**

## SPONSORSHIPS OPPORTUNITIES

### DIAMOND HEART (\$1,000 +)

### PLATINUM HEART (\$750)

### GOLD HEART (\$500)

### SILVER HEART (\$200)

### BRONZE HEART (\$50)

## LANDMARK SPONSOR SIGNS

**Sponsor a landmark sign  
along the route for \$100.00**



**Please contact TLC for more information regarding sponsorship incentives or to purchase a landmark sign.**

## FEE SCHEDULE

**Early Registration: 11/1/17–1/31/18**

\$15 Youth      \$25 Adult  
(Commemorative T-shirt included)

**Month of:** 2/1/18 - 2/20/18

\$20 Youth      \$30 Adult  
(No Commemorative T-shirt included)

**NOTE: Last day to pre-register is 2/20/18**

**Same Day Registration:**

\$30 Youth      \$40 Adult  
(No Commemorative T-shirt included)

### PRICE FEE INCLUDES:

- Customized race bib
- “Chip” timing with live results
- Commemorative t-shirt  
**(For early registered)**
- Goodie bag
- Division winner medals

## T-SHIRTS

All early registered participants will receive a commemorative Stay Healthy Downey 5K t-shirt. Month of and day of registrants will NOT receive a t-shirt.

\* Please see fee schedule