

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 22, 2019

Apollo Park Gymnasium

12544 Rives Ave. Downey, CA 90242

9:00 a.m. - 9:00 p.m.

**EARLY BIB PICK UP IS HIGHLY
ENCOURAGED**

FOR MORE INFORMATION

Phone# 562/904-3577

Website: 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

Downey USD's TLC Family Resource Center making True Lasting Connections throughout the city and providing resources and support to families in our community.

TLC is a reflection of our caring community.

Thank you for your support.

Help yourself and help others!



STAY HEALTHY DOWNEY

TLC 5K

7th ANNUAL

FUN RUN/WALK

**BENEFITING DOWNEY UNIFIED SCHOOL
DISTRICT'S TLC FAMILY RESOURCE**



February 23, 2019

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): _____ GENDER: M F

E-mail:

PHONE NUMBER: (____)_____

TEAM NAME (No Team Discount): _____

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

Check IF Virtual / Sleep In Registration

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:** <https://runsignup.com/Race/CA/Downey/HealthyDowney5KforTLC> (Credit Card ONLY)
- **Mail registration form with payment (Checks payable to TLC) to:** 13220 Bellflower Blvd., Downey, CA 90242 (**Checks ONLY**)
- **In-person registration (drop-off) at one of the following locations (Checks or cash ONLY):**
 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.

Can't make it or would rather be sleeping?
Virtual Run/Sleep in registration available!

SPONSORSHIPS OPPORTUNITIES

DIAMOND HEART (\$1,500 +)

PLATINUM HEART (\$1000)

GOLD HEART (\$500)

SILVER HEART (\$250)

BRONZE HEART (\$50)

**For more information regarding
sponsorship incentives contact TLC
562/904-3577 or TLC@dusd.net**

FEE SCHEDULE

Early Registration: 11/1/18–1/31/19

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

Month of: 2/1/19 - 2/15/19

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

NOTE: Last day to pre-register is 2/15/19

Same Day Registration: 2/23/19

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

Checks & Cash Payment ONLY on same day.

***Free for all kids up to 4 years of age
(T-shirt not included)**

PRICE FEE INCLUDES:

- Customized race bib
- “Chip” timing with live results
- Commemorative t-shirt (Early Registration Only)
- Division winner medals
- Finishing 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**