

Entry Form

FIRST NAME:

LAST NAME:

E-MAIL:

Age on Race Day: _____

Gender:

Male ☐ Female ☐ Prefer not to say ☐

Tel: _____

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

DUSD SCHOOL & STUDENT ID # : _____

TEAM NAME: _____

(no team discount)

For **EARLY BIRD** Registration Only
(11/01/25—01/31/26)

T-SHIRT SIZE: Please select one

MEN'S SIZE: S M L XL XXL

WOMEN'S SIZE: S M L XL XXL

YOUTH SIZE: S M L XL

☐ **I do not want a shirt**



FEBRUARY 28, 2026

TLC
14th Annual 5K Run/Walk

APOLLO PARK
8:00 AM

Benefiting Downey Unified School
District's TLC Family Resource Center



Downey Unified
SCHOOL DISTRICT



City of Downey

(562) 904-3577 / TLC@dusd.net



@DowneyTLC



Signature: _____

Date: _____

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.

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

FEE SCHEDULE

✓ **EARLY BIRD REGISTRATION**

11/01/25 — 01/31/26

\$25 DUSD Students / \$35 General Public
(Commemorative T-shirt *Included*)

First 100 registrants receive \$5 off!

✓ **REGULAR REGISTRATION:**

02/01/26 - 02/27/26

\$30 DUSD Students / \$40 General Public
(Commemorative T-shirt **NOT** Included)

- Registration will close at 1,500 participants
- Same Day Registration pending availability

*Virtual Registration is also available
"Anywhere you are!"*

FEE INCLUDES

- Commemorative T-shirt
(Early Bird registrants only)
- Race Bib
- Placement Medals
- Commemorative Finishing Medal
- Opportunity to support TLC!

T-SHIRTS

Only early bird registered participants will receive a commemorative 5K T-shirt.

***Please see fee schedule above**

3 WAYS TO REGISTER



1 ONLINE: Visit our website:
www.dusd.net/tlc
(credit card only, plus processing fees)

2 MAIL (checks only, no processing fee)

Mail form to:
TLC
13220 Bellflower Blvd.
Downey, CA 90242

3 IN-PERSON: Registration drop-off at the following location:
(checks & cash only, no processing fee)

TLC Family Resource Center
13220 Bellflower Blvd.
Downey, CA 90242

Monday-Friday: 8:00AM - 3:00PM
562-904-3577

Registration confirmation will be sent via e-mail

SPONSORSHIP OPPORTUNITIES

DIAMOND HEART (\$ 4,000 +)

PLATINUM HEART (\$2,000)

GOLD HEART (\$1,000)

SILVER HEART (\$500)

BRONZE HEART (\$250)

Referral Discount Program

Spread the word & receive the love

Get money refunded when friends register using your unique referral link found in your confirmation e-mail from runsignup.com .

1 friend registered = \$5 back*

***Get up to 3 referrals credited for up to \$15.00 max**

BIB PICK UP

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INSTRUCTIONS & LOCATION

LOCATION:

TLC Family Resource Center
13220 Bellflower Blvd., Downey

DATES & TIMES:

2/25/26- Wed. 9:00am - 1:00pm

2/26/26- Thurs. 9:00am - 1:00 pm

2/27/26- Fri. 9:00am - 7:00pm

***Team bib pick up by appointment only**

**Call or email TLC to schedule
562-904-3577 / TLC@dusd.net**

TLC provides a wide range of health & human services free of charge to DUSD students and their families. This event is a great opportunity to come together and show support to students and families that are in need of our services. By participating in the 5K, you can help us help others.

Important Info

Pick-Up Days