



# 10K, 5K & Kids All-Abilities Fun Race

October 15, 2016 @ Quarry Lakes  
2100 Isherwood Way, Fremont



Presented by **RICHARD L. PLASCH, D.D.S.**  
General, Cosmetic and Sedation Dentistry

**Run or walk a 10K or 5K!** Participate competitively or just for fun!  
Everyone is welcome, so bring the family and enjoy a day at the park with your local community!

Registration & check-in begins at 8:00 am; 10K starts at 9:00 am,  
5K starts at 9:15 am & Kids Fun Race starts at 10:30 am (approx).

### 10K Registration Fee

\$40 by 8/31; \$45 by 10/9; \$55 after 10/9 & on race day

### 5K Registration Fee

\$35 by 8/31; \$40 by 10/9; \$45 after 10/9 & on race day

Add \$15 to registration fee to upgrade to technical running shirt.

### Kids All-Abilities Race Registration Fee (3yrs+, 25-100yd sprint)

\$10 by 8/31; \$15 by 10/9; \$20 after 10/9 & on race day

**Prizes:** Prizes for overall male and female winners. Medals three deep in the following categories: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**Parking:** \$5.00 for those using the county park lots.

**Questions:** Send email to [info@doitfordelany.com](mailto:info@doitfordelany.com)

Do It For Delaney is a community event for runners, walkers, families and friends to help special needs children. Do It For Delaney was originally created to raise funds for uncovered therapy costs for Delaney Thomas. Delaney was born with an extremely rare genetic CASK gene duplication resulting in microcephaly and cerebral palsy. Due to the community's overwhelming support, Do It For Delaney has turned into a much larger event helping special needs children and their families.

We are excited to announce that Conductiva, a conductive education learning program, Friends of Children with Special Needs, a Bay Area resource for special needs families, and The Parker Lee Project, supporting medically dependent children, will also benefit from Do It For Delaney 2016.



## REGISTRATION FORM

(Please print clearly - One form per participant - Form may be copied.)

Or register online at  
[www.doitfordelany.com](http://www.doitfordelany.com)

### Mail completed form with check payable to:

DCipher Group Foundation

Attn: **Do It For Delaney**

41041 Trimboli Way #1960

Fremont, CA 94538

10K\_\_\_ 5K\_\_\_ Kids Race\_\_\_

Upgrade to technical running shirt (\$15)\_\_\_

\_\_\_ I can not participate in Do It For Delaney 2016, but would like to make a tax deductible donation in the amount of: (Tax ID#: 45-4343723)  
\$25 \$50 \$100 Other: \$\_\_\_

Name: \_\_\_\_\_ Gender: M F Birth date: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip

Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

T-Shirt Size: (Adult) S M L XL XXL (Youth) S M L Age on Race Day\_\_\_\_\_

Only registrations received by September 11 are guaranteed a t-shirt .

All mail in registrations must be received by September 30, 2016.

OFFICE USE ONLY: Date rec: \_\_\_\_\_ Date eia: \_\_\_\_\_ Paid amt: \$ \_\_\_\_\_ ck# \_\_\_\_\_ cash \_\_\_\_\_

### WAIVER AND RELEASE STATEMENT (All participants must read and sign)

October 15, 2016

I have read the event information and understand the policies of the event. I know that running and walking a trail race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with my voluntary participation in this event, including but not limited to, falls, contact with other participants, the effects of the weather, including extreme temperatures, traffic and all conditions of the road/trail, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and **WAIVE, RELEASE AND DISCHARGE** the County of Alameda, members of the Board of Supervisors of the County of Alameda, the officers agents and employees of the County of Alameda individually and collectively, DCipher Group Foundation, Do It for Delaney 2016, all sponsors, race officials, workers or volunteers, their representatives, successors or assigns for **ANY AND ALL** claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event. I further grant full permission to the above mentioned sponsors, organizers and or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings or other record of the event for any reasonable purpose. **I ALSO UNDERSTAND THAT THERE ARE NO REFUNDS FOR THIS EVENT.**

Signature of Participant (or signature of parent or guardian if participant is under age of 18)

Date