



27th Annual  
**2012 SHINZEN RUN & WALK**  
**Woodward Park - Fresno, CA**  
**Saturday, April 28**

*Park entry fee NOT included • Arrive 15 minutes in advance of start times listed • Events start promptly at designated times*

*Kids Run - 7:15 am (ages 9 & under) • 2-Mile Run - 7:30 am • 2-Mile Race Walk - 7:30 am*

**10-Mile Walk, 6:00 am • 10-Mile Run, 6:45 am**

**5-Mile Run, 8:00 am — Valley Runner of the Year Series, 30 Point Event**

**Benefits: Woodward Park's Shinzen Garden Society, Central CA Nikkei Foundation & Fresno Chapter of JACL**  
**ALL three are locally based Non-Profit Community Organizations!**

**ON-LINE REGISTRATION: WWW.PRORACEGROUP.COM – DISCOUNTED** entry fees; \$2.50 Signup Fee (less for multiple entries)

**COURSES:** All events **START outside** of the Shinzen Garden and all events **FINISH inside** the Shinzen Garden Activity Area.  
2-Mile, 5-Mile, and 10-Mile courses are on pavement (wheelchair accessible) and include the Lewis S. Eaton Trail. Events are open to participants of all ages and abilities.

**AWARDS: Overall** - first male and female finishers in the 2-Mile Run, 5-Mile Run, and 10-Mile Run. No overall awards in the Kid's Races, 2-Mile Walk and 10-Mile Walk. Awards for top finishers in each age division are noted on entry form with (1), (3) or (5). Overall winners may NOT win age division. Walk award winners must walk entire course - NO running or skipping.

**SPECIAL AWARDS:** Participant goody bags for Kids Events. 2-Mile, 5-Mile, and 10-Mile Run events, the optional Clydesdale for females 160+ lbs. and males 200+ lbs. finishing first in this special division - Clydesdale award winner may win age division too!

**RACE DAY PRIZE DRAWING:** After the awards ceremony, entries as of **Friday, April 27 (2:00 pm)** are eligible for the Cash Prize Drawings of \$100, \$50 and \$25 and other prizes. **Must be present to win.**

**RACE DAY ACTIVITIES:** In Shinzen Garden Activity Area, Fresno Gumyo Taiko (drummers) Group performances at 8:10 am & 8:45 am, free admission to tour Shinzen Garden, drinks & refreshments, awards ceremony, and drawings.

**CHIP TIMING: Sole 2 Soul of Fresno & Visalia.** Official Results and event photographs on the internet - **www.proracegroup.com**.  
**Print results:** Sierra Running Co., 9447 N. Ft. Washington Rd, Fresno & Sole 2 Soul, 5052 N. Palm Ave., Fresno.

**WALK-IN REGISTRATION/PRE-REG PICKUP**

**Kitahara Pontiac Buick GMC Inc., 5515 N. Blackstone Ave. - Fresno, Thu, Apr 26 (3:00 pm to 7:00 pm)**  
**Sole 2 Soul, 5052 North Palm Ave. - Fresno, Fri, Apr 27 (11:00 am to 2:00 pm)**

**RACE DAY REGISTRATION/PRE-REG PICKUP, Shinzen Garden Parking Lot, begins 5:30 am**  
**Performances by Fresno Gumyo Taiko Group • Refreshments • Award Ceremony • Race Day CASH Prize Drawings**

**Kenneth Takeuchi, Race Director 559.275.6318 • Email: info@proracegroup.com • www.proracegroup.com**  
*Japanese American Citizens League - A Non-Profit Community Organization - Federal Tax ID 94-6102625*

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OFFICIAL USE

**2012 SHINZEN RUN & WALK • Entry Form — photocopies welcomed!**

PLEASE, print legibly • **One entrant, one event per form** • No Refunds • No Substitutions

**WAIVER (must be signed):** In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executor, and administrators, waive and release forever any and all rights to claims or damages I may accrue against the Japanese American Citizens League, Fresno Chapter & Central California District Council, Shinzen Garden Inc., Central California Nikkei Foundation, the City of Fresno, any and all sponsors, Pro Race Group of Fresno, and any other officials, their agents, representatives, successors, or assigns, for any and all injuries, ailments, or other consequences suffered by me resulting from my participation in the 2012 Shinzen Run & Walk. In addition, I hereby give my permission to use any photographs, videotapes, or other recordings of me that are made during the event. **By signing below, I acknowledge that I have read, do understand, and will adhere to this Waiver.**

**Name** \_\_\_\_\_  
*First and Middle Initial* \_\_\_\_\_ *Last* \_\_\_\_\_

**Address** \_\_\_\_\_  
*Include Apt. or Box Number* \_\_\_\_\_ **Telephone** \_\_\_\_\_

**City & State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Gender - Circle One** **Age - Race Day**  
**Female Male**

**REQUIRED** Signature of Entrant or Parent or Guardian if under 18 years of age

**Signature** \_\_\_\_\_

**Sizes subject to availability - ALL sizes may NOT be available on race day.**  
**T-Shirt Size - Circle One - Youth: 10/12 14/16 Adult: M L XL**  
*Entries after Apr. 22: Shirt/sizes are subject to availability - shirt must be claimed by 7:30 am race day!*

**Chip Timing by SOLE 2 SOUL SPORTS of Visalia & Fresno • (3)=Number of awards**

**10-MILE EVENTS**

**Long-sleeve T-shirt** for 10-Mile entries as of Apr 22. *Limited supply and sizes.*

**10-Mile WALK, 6:00 AM**

Open: 39-UN (5) Masters: 40-OV (5)

*Must check-in at Start Line or scored as a Runner.*  
*Award winners must WALK entire course.*  
*NO running/NO skipping. Note: NO overall awards*

**10-Mile RUN, 6:45 AM**

15-19 (5) 30-39 (5) 50-59 (5)  
20-29 (5) 40-49 (5) 60-OV (5)

**Clydesdale (1) - Must enter weight:** \_\_\_\_\_

*Females 160+ lbs; Males 200+lbs*  
*MUST mark age division too!*

**1/4-Mile Kids**

**7:15 AM**

7 (3)  
8 (3)  
9 (3)

**7:20 AM**

3-UN (3)  
4 (3)  
5 (3)  
6 (3)

**2-MILE EVENTS**

**RUN, 7:30 AM**

14-UN (3) 45-49 (3)  
15-19 (3) 50-54 (3)  
20-24 (3) 55-59 (3)  
25-29 (3) 60-64 (3)  
30-34 (3) 65-69 (3)  
35-39 (3) 70-OV (3)  
40-44 (3) Whch (1)

**Clydesdale (1)**

*Must enter weight:*  
*Females 160+ lbs; Males 200+lbs*  
*MUST mark age division too!*

**WALK, 7:30 AM**

39-UN (3)  
40-59 (3)  
60-74 (3)  
75-OV (3)

*Award winners must*  
*WALK entire course.*  
*NO running/NO skipping.*

*Note: NO Overall awards*

**5-Mile RUN, 8:00 AM**

**Valley Runner of the Year**  
**30-Point Event**

19-UN (3) 45-49 (3)  
20-24 (3) 50-54 (3)  
25-29 (3) 55-59 (3)  
30-34 (3) 60-64 (3)  
35-39 (3) 65-OV (3)  
40-44 (3) Whch (1)

**Clydesdale (1)**

*Must enter weight:*  
*Females 160+ lbs; Males 200+lbs*  
*MUST mark age division too!*

☐ **DARUMA BOOSTER** *Receive the commemorative T-shirt. Participation is NON-competitive, NO Time - NO awards. Events: 2-Mile or 5-Mile*

**ENTER EARLY: ON-LINE & SAVE! COMPLETE & SIGN ENTRY FORM - Check or money order payable to Fresno JACL**

**Drop-off or Mail-in by Apr. 22**

**\$10.00** - Kids Run  
**\$17.00** - 2-Mile & 5-Mile Events  
**\$25.00** - 10-Mile Events

**April 23 thru 27 - includes Walk-in Reg Days**

**\$10.00** - Kids Run  
**\$20.00** - 2-Mile & 5-Mile Events  
**\$30.00** - 10-Mile Events

**Race Day, Shinzen Parking Lot**

**\$10.00** - Kids Run  
**\$25.00** - 2-Mile & 5-Mile Events  
**\$35.00** - 10-Mile Events

**ON-LINE: Discounted entry fees**  
**WWW.PRORACEGROUP.COM**  
**\$2.50 Signup Fee (less for multiple entries)**  
**until April 22, 9:00 pm**

**DROP-OFF:**  
**Sierra Running Co.**  
**or**  
**Sole 2 Soul Sports (Fresno Store)**

**MAIL-IN: Shinzen Run**  
**c/o PRG**  
**P. O. Box 3755**  
**Fresno CA 93650-3755**

• **Do NOT drop off or mail-in cash**  
• **Mail-in or drop-off BEFORE April 22**  
• **At Walk-in or Race Day - cash, check or MO payments - NO credit/debit cards**