

2010 Living Green Kern River Valley Festival presents

The Run for Living Green

5K (3.1 miles) plus Little Kids' 1K Race! (about ½ mile)

Saturday, March 20th at 8:00 am

This run is part of the 4 day **2010 Living Green Kern River Valley Festival** taking place March 17–21, 2010.

This year's run is put on by **Run-4-A-Way**, a local non-profit organization dedicated to promoting health, fitness, and wellness in the Kern Valley community. Proceeds from The Run for Living Green will benefit **Run-4-A-Way** & the **Living Green Kern River Valley Festival**.

Course: The 5K & Little Kids' Race will be run adjacent to Lake Isabella through Wofford Heights Park (**Not on public streets**) on a flat dirt trail along the lake shore with 2 small stream crossings.

Fees: 5K = **\$25** if you pre-register before March 18, **\$30** after. **Kids' Race is FREE!** Kids must be 10 or under on race day. **ONLINE REGISTRATION**, go to: <http://tinyurl.com/2010-Run-for-Living-Green-RSVP>.

Sponsorship: Get family, friends, businesses, etc. to sponsor you. The sponsorship form is below or attached. Sponsorship funds are due prior to or on the day of the race.

Prizes: All paid/sponsored entrants receive an eco-friendly stainless steel water bottle & eco-conscious event T-shirt (others can buy a stainless steel water bottle for \$5 and/or an event T-shirt for \$10). To be sure to get a T-shirt in your size on the day of the race, you need to have registered before March 18.

Check-In/Last Minute Registration: 7:00-8:00am, Run for Living Green/Start Area, morning of race.

Start: At **Wofford Heights Park**, end of Williams St. at E Evans Road, Wofford Heights, CA.

Kids' race starts first at 7:45 am, sharp! **5K races start at 8:00 am.**

Parking: Limited parking at the **Wofford Heights Park** parking lot at end of Williams Street at East Evans Road in Wofford Heights and along the streets nearby.

Info: Darby (760) 376-1067 cptdarbo@lightspeed.net or Mike (760) 376-4405 mikelanephoto@mac.com.

The Run for Living Green 5K/Kids' Entry Form

I know that running/walking a road and off-road event is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of the race officials. I assume all risks associated with running/walking in this event, including, but not limited to: falls, contact with other participants, effects of the weather, traffic, and conditions of the road or trail. These risks and any others are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I waive and release Kern River Valley Revitalization, Run-4-A-Way, Kern County Parks & Recreation Department, USFS Sequoia National Forest, all sponsors, and representatives from all claims and liabilities of any kind arising from my participation in this event even though such liability arises from negligence or carelessness on the part of persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Male & Female divisions (Check the appropriate box):

Kids' 1k Race - 10 & under; 5k Race - up to 14 yrs; 15 to 19 yrs; 20 to 29 yrs; 30-39 yrs;
 40-49 yrs; 50-59 yrs; 60+ yrs; Moms with Stroller Class & Clydesdales (225+ lbs.).

T-shirt Size (Circle One): S M L XL XXL

Gender (Circle One): Male Female

NAME:	PHONE:
MAILING ADDRESS	
SIGNATURE (PARENT FOR KIDS UNDER 18)	E-MAIL:

For online registration: **ONLINE REGISTRATION** <http://tinyurl.com/2010-Run-for-Living-Green-RSVP>

Make checks payable to: Run-4-A-Way 5K, & Kids' Race.

Send to: Run-4-A-Way/The Run for Living Green, P.O. Box 1093, Kernville, CA 93238-1093.

The Run for Living Green
SPONSOR FORM

The Run for Living Green will benefit **Run-4-A-Way** & the **Living Green KRV Festival**.

Dear Sponsor:

Thank you for sponsoring me in the March 20th, 2010 **The Run for Living Green** 5k race or 1K Kids' race. **I will be competing in:**

Male & Female divisions (Check the appropriate box):

- Kids' 1k Race - 10 & under; 5k Race - up to 14 yrs; 15 to 19 yrs; 20 to 29 yrs; 30-39 yrs;
 40-49 yrs; 50-59 yrs; 60+ yrs; Moms with Stroller Class & Clydesdales (225+ lbs.).

Runners Name: _____

Sponsor's Name, Address, & Phone Number **Pledge Amount**

	\$
	\$
	\$
	\$
	\$
	\$
	\$

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