



5TH ANNUAL 5K & KIDS' FUN RUN



North Chollas Community Park, February 25th, 2017

Registration/Fees: *5K Run/Walk- \$30.00 online registration before 2/25/17, \$35.00 day of race registration. *Kids Fun Run- (12 & under) \$5.00 online or day-of race

Register or Donate Online: <http://urbanlifesd.org/chr-5k>

Paper Registration: Complete entry form below. Checks payable to UrbanLife, write City Heights Runners 5K in Memo line. Mail to 4835 Polk Ave, San Diego CA 92105.

Proceeds Benefit: City Heights Runners, an initiative of Urbanlife Ministries, is a free running club for over 70 students in City Heights. We use running as a safe after school activity for youth, providing a means to develop positive friendships and personal character, as well as to enhance the overall health and wellbeing of student-athletes.

Race Day Details: North Chollas Community Park is located at 5598 Chollas Station Rd. San Diego, 92115

*Race start: 5K 8:30 AM/Kids1K 9:30 AM at Chollas Baseball Field

*Registration/Package Pick-Up: From 7:00 AM-8:15 AM at Chollas Baseball Field

*Parking: Available at Chollas Baseball Field, Gloria's Mesa, on College Grove Drive, and in the lot east of Chollas Lake.

Prizes: *Top runner in each Male/Female category receives a free T-Shirt.

Race T-Shirts sold separately the day of the event. Customized waterbottle included with registration.

Division: Check One	
Male	Female
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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Entry Form- Check one: 5K RUN KIDS 1K Fun Run

Name (First/ Last): _____

Mailing Address: _____

Email Address _____

Name of school, group, or running club (If applicable): _____

Waiver: In consideration of acceptance of my entry, I for myself, executors, administrators and assignees do hereby release of discharge UrbanLife, Chollas Lake Park, City of San Diego, and all other sponsors associates for claims of damages, demands, actions whatsoever, in any manner arising or growing out of my participation in said athletic event. Further, I hereby grant full permission to any of the foregoing to use any photographs, videotapes, motion picture recording or any other record of this event for any purpose whatsoever. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____

Date _____

(All participants must sign waiver- Parent's signature if under 18 years old)