



# 7<sup>TH</sup> ANNUAL 5K & KIDS' FUN RUN

North Chollas Community Park, February 9th, 2018



**Registration/Fees:** \*5K Run/Walk- \$35.00 online registration before 2/2/19, \$40.00 day of race registration. \*Kids Fun Run- (12 & under) \$5.00 online, \$10.00 day-of race

**Register or Donate Online:** <https://chr.redpodium.com/2019-5k>

**Paper Registration: Complete entry form below.** Checks payable to UrbanLife, Ministries, Inc. write City Heights Runners 5K in memo line. Mail to 4391 El Cajon Blvd San Diego CA 92105.

**Proceeds Benefit:** City Heights Runners, an initiative of Urban Life Ministries, is a free running club for over 100 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 9:15 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.

Division: Check One	
Male	Female
<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)