THE VINE CRUSHER 5 & 10 MILER

Sunday, Aug. 22, '10

McConnell Estates Winery,
Elk Grove, Ca.

Presented by: The Running Zone, Five Tool Fitness Running Club & McConnell Estates Winery

Location: **McConell Estates Winery**
10686 W. Stockton
Elk Grove, CA 95757

Time: 8am. Registration 6:30AM – 7:45AM

Course: 5 mile & 10 mile courses
100% pavement free!

Fee: Pre-Reg: $30 until 8/20,
Race Day: $35.

Packet Pick-up: Sat., Aug. 21st, 10 a.m.-7 p.m.
At The Running Zone. Also race day: 6:30 a.m.

Refreshments: Provided at finish.

Awards : Male/Female Overall &
Age Group Awards in 5 & 10 milers.

Special Features: Technical t-shirts to first 200 entrants. Post-race wine-tasting.

Beneficiaries: –The Running Free Foundation- a local non-profit dedicated to donating new running shoes to needy student-athletes in Sacramento County & Helping Hands for Hank.

Registration – Please Print – Cut Here _____

Checks payable to: The Running Free Foundation Mail to: 8470 Elk Grove Blvd., Elk Grove, CA 95758

Age: ☐☐ **Gender (M/F)**: ☐ **Phone**: (☐☐☐)-☐☐☐-☐☐☐☐

Email: _____

Name – Last:																						
Name – First:																						
Mail Address:																						
City/State/Zip:														/			/					

In consideration of your accepting my entry, I, intending to be legally bound, do hereby, for myself, my heirs, Executers, and administrators, waive, release and forever discharge, all rights and claims which may have or which may hereafter accrue to me against all sponsors, officials, or volunteers or their respective officers, agents, representatives, successors for any and all injuries suffered by me while traveling to and from and participating in this event. If I should suffer injuries or illness, I authorize the officials of this meet to use their discretion to have me transported to a medical facility and take full responsibility for this action. I attest and certify that I am physically fit And I have sufficiently trained for the completion of this race.

Signature: _____

(If Under 18, Parent or Guardian Signature Required)