IN RECOGNITION OF WILL ROGERS STATE HISTORIC PARK

SATURDAY, JULY 4TH, 2009

Palisades/Will Rogers 32nd Annual 5&10k Run

Presented by the Palisades/Will Rogers Ridge Runners & The Palisades Optimis Club

Title Sponsor: PACIFIC PALISADES — BANK — Proposed

Corporate Sponsor: WILLIAM E. SIMON • & SONS •

Entry Fee: Pre-registration $35
Day of race registration $45

PRE-REGISTRATION DEADLINE: SATURDAY, JUNE 27, 2008

Online Registration Deadline: Midnight Monday June 29th, 2009

Make Check Payable to: Palisades-Will Rogers 5K/10K Run

Mail to: Brian W. Shea
PO Box 601, Pacific Palisades, CA 90272

Pre-Registration Pick Up: July 2nd & 3rd from 10:30am - 4pm
Bentons The Sport Shop
1038 Swarthmore Ave., Pacific Palisades, CA 90272, (310) 459-8451

BENTONS The Sport Shop

Day of Race Registration: July 4th from 6:30 - 8 a.m. at Palisades Recreation Center
851 Alma Real Drive, Pacific Palisades, CA 90272

Start: 8:15 a.m. SHARP at Palisades Recreation Center

Website: www.palisades10k.com

E-Mail Address: palisades10k@Verizon.net

(There is a separate application for the Kids' Run. Please do not use this form. Go to our web site to download the application.)

ENTRY FORM

ChampionChip Code

Name (Last, First)

Official Use Only

Sex: M F Age Birthdate - -

T-shirt choice: S M L XL XXL

Address

Apt. No.

City

State Zip

Phone - -

Race (circle one): 5K 10K

E-Mail

Divisions: (circle one)

MALE:	12 & under	13-15	16-18	19-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
FEMALE:	12 & under	13-15	16-18	19-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+

Waiver:

In consideration of you accepting this entry and for other valuable consideration receipt of which you are hereby acknowledged, I the undersign, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I have against the Athletic Congress, The Long Distance Running Committee, the Officials, the Pacific/Palisades Optimist Club, Coldwell Banker , William E. Simon & Sons, Bentons The Sport Shop, The Palisades-W ill Rogers 5 & 10 K and Kids Run Volunteers, The Palisades-Will Rogers Ridgerunners, Nike Sports, and any and all sponsors, or The City of Los Angeles, their representatives, successors, and assigns for any and all injuries suffered by me in this event. I attend and verify that I am physically fit, and have sufficiently trained for the completion of The Palisades-Will Rogers 5K & 10K Run and Kids' Run and my physical condition for participants in this type of event has been verified by a licensed Medical Doctor during the last 6 months.

Signature

______________________________ Participant

______________________________ Date

______________________________ Parent or Guardian

______________________________ Date