34TH PALISADES • WILL ROGERS
5 & 10K RUN | JULY 4TH 2011

THANK YOU PALISADES PARK

Monday, July 4th, 2011

Palisades/Will Rogers 34th Annual 5&10k Run

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

Honoring

The Men & Women of the Palisades Recreation Center

Title Sponsor

Saint John's Health Center
Breakthrough Medicine. Inspired Healing.™

Corporate Sponsor

WILLIAM E. SIMON • & SONS •

Entry Fee:	Pre-registration $40
	Day of race registration $50
PRE-REGISTRATION DEADLINE:	**SATURDAY, JUNE 25, 2011**
Online Registration Deadline:	Midnight PST Wednesday June 29th, 2011
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
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

BENTONS The Sport Shop

(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: (Youth) L (Adult) 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 race registrant, 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, William E. Simon & Sons, Benton's The Sport Shop, The Palisades-Will Rogers 5 & 10 K and Kids Run Volunteers, The Palisades-Will Rogers Ridge Runners, Saint John's Health Center and Saint John's Health Center Foundation, 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