

2nd annual John Lipsey Memorial 5K Run
Saturday, September 11th, 2010



North Cottonwood Elementary School: 19920 Gas Point Rd.
(Take I-5 to Gas Point Rd. exit, head west 1.5 miles & school is on the right)

Check In/Registration: 7 – 7:45 am with Race beginning at 8 am
Race Day registration is available

Entry Fees: Students 18 yrs. & younger, \$8 (after deadline = \$10) 9/2/10
Adults 19 yrs. & older, \$18 (after deadline = \$20) 9/2/10
Family of 4 or more, \$45 (after deadline = \$50) 9/2/10 (each additional shirt \$5)

All entry fees include a t-shirt if registered on time

Course Info: Course is a paved road route in John & Sandy’s neighborhood, gradual incline with 2 “well worth it” hills. Course is an out and turn around finishing back at North Cottonwood School. Monitors will be at cones where runners must “turn”

Who can Enter: We are proud to host a race that is “pet friendly, stroller friendly, and family friendly. John was a great advocate for physical activity, and therefore would like to have all participants feel welcome

For more Info: Contact Carri Longnecker 218-1393 or imissfriends@hotmail.com

.....Please tear-off & mail with payment.....

Age, Name(s) & Sex _____

Address _____

Phone _____ T-shirt size(s) Sml ___ Md ___ Lg ___ Xl ___ XXI ___

Total Enclosed \$ _____ Mail Entry form to C.C.P. Box 1909 Cottonwood, Ca 96022

Age Groups: 12 & under, 13-18, 19-29, 30-39, 40-49, 50-59 and 60 & over M/F

Awards: Ribbons for 1st-3rd place and every entrant will be entered in drawing

Waiver: Intending to be legally bound, I certify that my training and health care are adequate for me to safely compete in the 5k and hereby waive any claims for damages I may suffer due to participation in this event on September 11th, 2010

SIGNATURE _____

Parent Signature if under 18 yrs. _____

