



Berthoud Run/Walk Club

2nd Annual Fall Family Fun Run Walk

Saturday, September 11th, 2010

**5 km run / walk start and finish at
Town Park**

**(East side Berthoud Pool)
200 7th St., Berthoud, CO**

****see inside note regarding parking****

8:30 am

Start time for the 1 mile kids fun run – No Entry Fee – this event is a run for the Poudre Valley Healthy Kids Run Series (bring your punch card)

9:00 am

Start time for the 5 km

PRIZES

First to Finish Overall Male & Overall Female
Top three male and females in each age category:

9 & under	10-19	20-35
36-50	51& older	

Join the Berthoud Elementary School Challenge (Includes Berthoud Elementary & Ivy Stockwell)

The elementary school with the most participants (families are included) will win a Berthoud Run / Walk Club sponsored healthy snack party for the entire school.

The net proceeds from the Fall Family Fun Run / Walk event will be split equally between Berthoud Elementary PTA and Ivy Stockwell PTO.

About us....

The Berthoud Run / Walk Club is a not for profit organization, with board members and participants from the Berthoud Area. Our goal is promote fitness in our families and community.

We meet once mid week (usually Wednesdays @ 6:30 pm) and once on the weekend (Saturdays or Sundays at 7:30 am) we average distances of 2-4 miles. Email us if you would like to be included on our email updates or check out our website: www.berthoudrunwalk.org. Email: berthoudrunwalk@yahoo.com

Parking:

Limited parking will be available at Town Park (200 7th Street). There is parking at Ivy Stockwell Elementary 175 5th St. (You can walk through the playground on north side of school to access Town Park.) There is also parking along 7th St. Please do not park on 6th St. Thank you.

Entry Form

Make checks payable to Berthoud Run / Walk Club

Please fill out your entry form completely and mail your check to: Berthoud Run / Walk Club, P.O. Box 834, Berthoud, CO 80513 or register on-line at www.active.com.

One form per person; for family entries, include all entries together in the same envelope and circle family rate.

Pre-registration entries must be received by Wednesday, September 8, 2010. We will cap this race at 500 participants (which includes all members of family teams).

Name: _____

Address: _____

City, State, Zip _____

Phone: _____

Email: _____

Male / Female (circle) PLEASE FILL OUT BOTH SIDES

Age on race day: _____

Circle elementary school your child(ren)

Attend: Berthoud or Ivy

T-shirt size:

Child: YS YM YL Adult: S M L XL
(circle)

ENTRY FEES:

Adult (13 & older) \$15 Youth (5-12) / Senior (60+) \$ 10 Family* \$35

Save \$5 on the registration fees if you register before September 1.

*Family members must live at the same address.

Liability waiver (must be signed):

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but no limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Berthoud Run / Walk Road Runners club an its officers and agents, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors agents and employees, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

(if under 18, signature of parent or legal guardian is required)

PLEASE FILL OUT BOTH SIDES