



October 10, 2009 • 9 a.m.



Join us for our 2nd Annual 5K! We all really enjoyed last year's premiere fun run, which follows the beautiful Clear Creek in the heart of Golden. Families, serious runners and serious walkers, and your favorite four-legged friends are invited to attend this self-funded community event. Make a commitment to your health and wellness, and enjoy Golden's new traditional event.

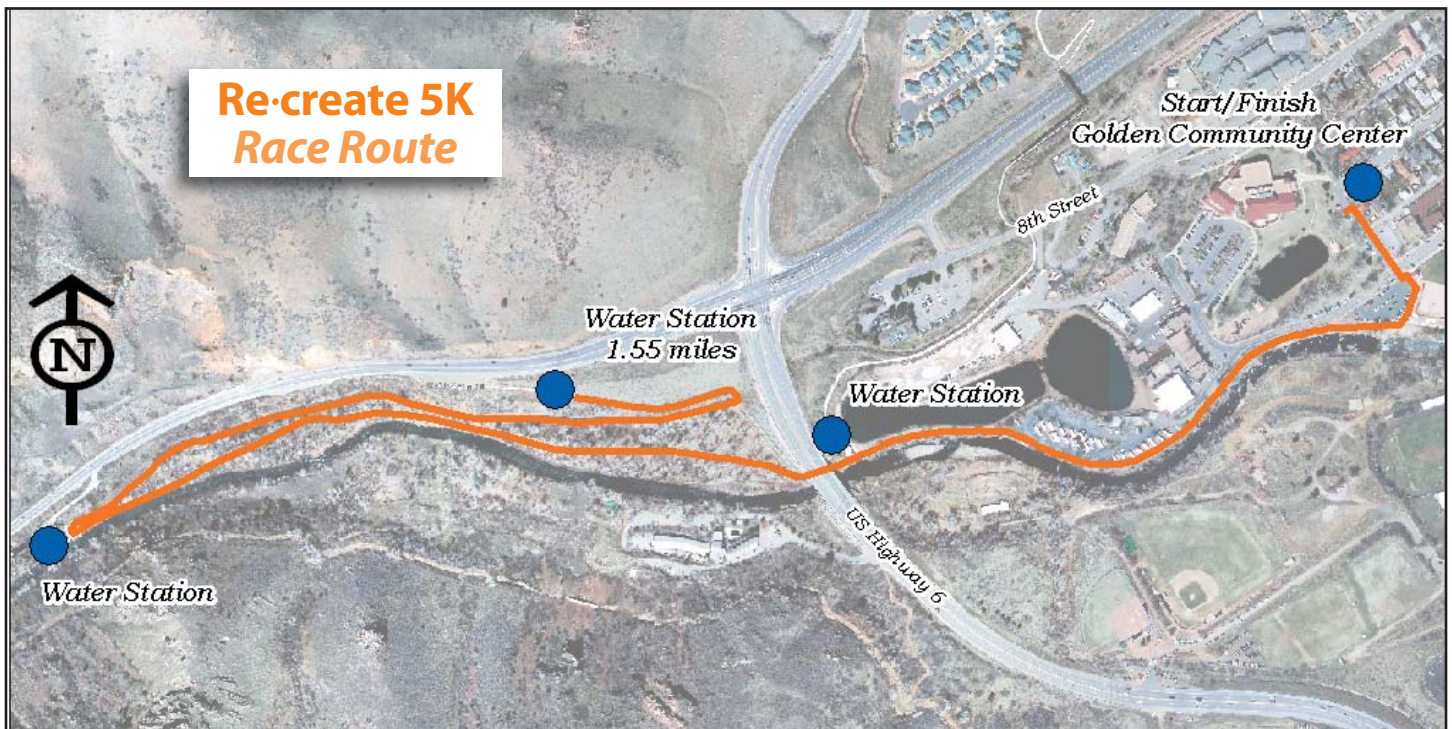
The Re-create 5K is an opportunity for the Golden Parks and Recreation Department to develop a community event for elite runners but also promote community interaction, family-time and a walk with man's (or woman's) best friend. For more information about the race and sponsorship opportunities, contact Angela Shea, Wellness Coordinator, at ashea@cityofgolden.net or visit our website at www.cityofgolden.net/parksandrec.

Pre-Registration is \$15 – ends Friday, September 4th at 6 p.m.

- T-shirt
- Breakfast when you cross the finish line
- Start times:
 - 9 a.m. for runners
 - 9:30 a.m. for walkers, strollers and dogs

- Race bag pickup starts Monday, October 5th at 10 a.m. at the Community Center front desk

- Race day registration for \$20 available until 8:30 a.m.



**Re•create 5K
Race Route**

Start/Finish
Golden Community Center

8th Street

Water Station
1.55 miles

Water Station

US Highway 6

Water Station

re•create

re•create: To impart fresh life to; refresh mentally or physically



City of
Golden

PARKS AND RECREATION

~ Registration form on reverse side ~



City of
Golden
PARKS AND RECREATION

Registration Form

RACE DAY OCT. 10, 2009

First Name _____ Last Name _____ Birthdate _____ (mm/dd/yyyy)

Day Phone _____ Evening Phone _____ E-mail _____

Address _____

City _____ State _____ Zip Code _____

Dog Name (if applicable) _____ Dog Breed(s) _____

One person/dog per registration. Photo copies are accepted

For guaranteed shirt on race day entries must be postmarked and mailed no later than 6:00 pm Friday, September 4th, 2009 to:

Golden Community Center
Golden Recreate 5K
1470 10th Street
Golden, CO 80401

Pay in person at the Golden Community Center. Deadline is 6:00 pm Friday, September 4th, 2009.

Registration after September 4th will not guarantee a shirt on race day, but you will receive a shirt as soon as they are available (Race day registration is an extra \$5.00.)

RACE BAG PICKUP STARTS October 5th 10am @ the Golden Community Center

Pre-registration for Run/Walk: (See deadlines above)

Are you a runner or a walker?

I would like to run @ 9am (no strollers or dogs) _____ I would like to walk @ 9:30am _____

Entry Fee: \$15.00 includes T-shirt and breakfast Kids 5 and under are free (no shirt, please list names and ages below)

T-Shirt Size: _____ Youth S (6/8) _____ Youth M _____ Youth L _____ Youth XL (18/20)

_____ Adult S _____ Adult M _____ Adult L _____ Adult XL _____ Adult XXL

Kids 5 & Under: Name _____ Age _____
Name _____ Age _____
Name _____ Age _____

Select payment method: Check# _____ Make check payable to: **City of Golden** Cash _____
(Please do not mail cash.)

Visa _____ MC _____ Amex _____ Discover _____

Credit Card Number _____ Exp. Date _____

Signature _____

Waiver & Release – Please Read & Sign

By signing below, you agree, warrant and covenant as follows:

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event including but not limited to falls, contact with other participants (including dogs), effect of weather, traffic, and conditions of the trail/road/sidewalks. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event. Entries from minors will be accepted only with a parent legal guardian's signature.

Signature of Participant

Signature of Parent or Legal Guardian
(For participants under age 18)

Date

REGISTRATION IS INVALID WITHOUT SIGNATURE ON THE WAIVER!