



5K WALK - RUN - KIDZ RUN
 All proceeds benefit CCC Overcomer's Program

3rd Annual
October 10, 2009

The Just Move 5K Walk/Run will feature four races for all to enjoy. The event will start with the Just Move 5K Run with trophies for the first man and first woman to cross the finish line. The 5K runners will follow the walkers, and then a fun Kidz Run for kids ages 11 and under. The awards ceremony will be white down this event. During the event take advantage of the fitness, health & nutrition games and activities at Kidz Zone with plenty of medals and ribbons to win. Don't miss the healthy food demonstrations, nutrition & education tips, aerobic & kickboxing demonstrations, the prize wheel, exercise & athletic wear, and health and wellness vendors, all for your education and enjoyment.

NOTE: Please fill out separate form for each individual for each event. After we receive your registration form(s), you will receive a race confirmation email to the account provided on this form.

Last Name **Middle** **First Name**

Address - Number / Street / Apt **City** **State** **Zip Code**

Telephone Number -Cell **Telephone Number - Home** **E-mail Address**

Date of Birth (MM/DD/YY) **Male** **Female** **Age on Race Day Under 18yrs**

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
					5K Run	5K Walk	KR 5-7
							KR 8-11

Shirt Size: **S** **M** **L** **XL** **2XL** **3XL** **Yes, I would like to buy additional shirts.**

Size: _____ **Qty:** _____ **Amt:** \$ _____

Entry Fees:	Before 9/30/09 Early	Oct. 1- 9	After 10/9/09 Late	Entry Forms with Fees: Mail: Calvary Christian Center Health & Wellness Office P.O. Box 15010 Sacramento, CA 95815 Email: justmove@calvarychristian.com Fax: (916) 714-2971 Make checks payable to: FCMI - H&W All donations are tax deductible
Adults	\$ 18.00	\$ 20.00	\$ 25.00	
Youth	\$ 12.00	\$ 15.00	\$ 20.00	
Children 11 and under	\$ 8.00	\$ 10.00	\$ 12.00	
Additional T-shirts			\$ 10.00	
Total amount enclosed:	\$ <input type="text"/>			
Entry Fees are non-Refundable and Non-Transferable				

Any questions, please contact: One of the Just Move 5K walk/run coordinators:

Joe Liddell: (916) 397-1504

Linda Stallings: (916) 296-3264

Denise Sewell: (916) 622-7970

WAIVER: I know that running or walking a race is potentially hazardous and I should not enter unless I am medically able and properly trained. I assume all risk associated with this event including but not limited to: falls, contact with other people, weather, traffic, and road conditions, all risks being known and appreciated by me. Having read this waiver and knowing these facts, I, myself and anyone else entitled to act on my behalf waive and release the 5K race, run, walk organizers, sponsors, walk/run officials, volunteers, local and state police including any and all of their agents, employees, assigns, representatives and successors from all claims or liabilities of any kind arising out of my entry or participation in this event. I attest that I am physically fit and sufficiently trained for this event. I agree to abide by any decisions of the event officials relative to my ability to safely complete the event. I hereby allow the uncompensated use of my name and likeness in any way the event directors see fit. Applicants for minors accepted only with a parent or guardian

Signature (Parent or legal guardian if under 18yrs old)

Date

All proceeds benefit Calvary Christian Center's Destiny Ranch for At Risk Teens.