

Puente Hills Family YMCA

Sunday, November 22, 2009

28th Annual



5K/10K Run and 1k Youth Race

A fun race to support youth and family programs in our communities.

Event Features:

- T-Shirt to all participants
- Refreshments
- 1k Youth Race will all receive medals
- 5k/10k run, First prize in each division is a turkey.
- Medals for runners: 1st, 2nd, and 3rd place finishers

Special Recognition

The Tom Blair Award is awarded to the first place finisher in the 70 and over age division

Fastest Male and Female of 5k and 10k run



We build strong kids, strong families,
strong communities.

**At the Puente Hills Mall /AMC Theater
just off the 60 Fwy in the City of Industry**

Official Entry Form (Please Print) Mail to 1603 South Stimson Avenue Hacienda Heights CA 91745

Official Entry Form - Please Print

Name _____
 Last First M.I.
 Address _____
 City State Zip
 Phone _____
 Work _____

Check One Race Category Only
 _____ 5K _____ 10K _____ 1K Youth Race

Age on Race Day _____ Sex: M _____ F _____

	Early Entry Fee	Late Registration (Day of event)
Adult	\$25 (5k/10k)	\$30 (5k/10k)
Children (17 yrs and under)	\$20 (5k/10k)	\$25 (5k/10k)
1k Youth Race	\$5	\$5
Group Rates (10 or more)	\$15 per person	\$15 per person

Rain or Shine Event (no refunds)

**Registration Begins 6:30 am
1K Youth Race Time 7:30 am, 5K/10K begins after 1K Youth Race**

Youth Shirt Size: M L XL Adult Shirt Size: M L XL

Please Circle Appropriate Age Division
9 & Under 10-14 15-19 20-29 30-39 40-49 50-59 60-69 70 & over

Waiver: In consideration of my participation in the Puente Hills Family YMCA Turkey Trot, a Branch of the San Gabriel Valley YMCA, I hereby release and hold harmless the San Gabriel Valley Family YMCA, and their sponsors, affiliates agents, servants, employees, assigns, successors, and heirs or distributors and all officials concerned from any and all claims, actions, losses, damage, or expenses for personal or bodily injury (including death) and property loss or damage incurred by me arising out of or in conjunction with my participation in the Puente Hills Family YMCA Turkey Trot to be held November 22, 2009. I warrant that I am in good health, and have trained sufficiently for this event. I have read the foregoing and am of legal age to consent to this waiver for the event.

Signature _____

Date _____

Parent/Guardian (if under 18) _____

For Race Information please call (626) 961-3480 or Email puentehills@sgvymca.org