

SATURDAY

The Empire Runners Club Presents
The Last 10 K
and Final 2-Mile
of 2009

Date/Time: Saturday, December 19, 9:00 a.m. start.

Site: Start/Finish at Howarth Park, Santa Rosa.

Near intersection of Summerfield Road and Sonoma Avenue.

Courses: 100% paved, flat to gently rolling.

	Adult		Youth (18-under)	
	<u>with shirt</u>	<u>no shirt</u>	<u>with shirt</u>	<u>no shirt</u>
If pre-registered by Dec. 12:	\$23	\$10	\$21	\$8
Late or race-day registration:	NA*	\$10	NA*	\$8

*T-shirt by pre-registration only, December 12 deadline. A few may be on sale race day for \$18.

Current Empire Runners Club Members receive a \$3 discount on entry fees
Sign up on-line: www.empirerunners.org

Checks payable to: Empire Runners.

Send entries to: John Anderson, 1110 Cornell Drive, Santa Rosa, CA 95405

DECEMBER 19

Name _____ Male ___ Female ___ Age _____

Address _____

Club Member: Yes ___ No ___ T-Shirt size (pre-reg. only): S ___ M ___ L ___ X ___ XL ___

Race Entered: 10K ___ 2-Mile ___ (Checks payable to Empire Runners)

Waiver: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights, claims, or damages I may accrue against the Empire Runners, the City of Santa Rosa, and all officials of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the Last 10K footrace held December 19, 2009, at Howarth Park, Santa Rosa, California.

INFORMATION: 527-0673

Signed _____