

27th Annual

RUN FOR RELIEF

10K Race & 2 Mile Fun Run

This race is part of the Valley Runner of the Year series

April 10, 2010 7:00 a.m.

Start and finish at Fresno Pacific University track (Willow Avenue, just south of Butler)

COURSE: Both the 10K and 2 Mile courses start and finish at the Fresno Pacific track and field facility.

10K Course: One flat loop consisting of asphalt / gravel roads, canal bank and all-weather track surface.

Aid Station: Water at approximately 3.5 miles.

2 Mile Course: One flat loop consisting mainly of asphalt roads and all-weather track surface.

Unfortunately, due to the cross country nature of this event, it is not wheelchair accessible.

STARTING TIME: Both races start together at 7:00 a.m.

ENTRY REGISTRATION: Pre-registration **deadline is April 4**. Late registration day of race only – 6-6:45 a.m.

ENTRY FEE: Must accompany entry blank. Make checks payable to West Coast Mennonite Relief Sale, Inc.

Pre-Registration: \$20 postmarked before **April 4, 2010**

Late Registration: \$25 -- after April 4, 2010, enter on day of race

CHECK-IN: Pick-up running number at Fresno Pacific University track from 6-6:45 a.m.

T-SHIRTS: T-shirts to first 175 entrants.

DIVISIONS: 2 Mile Fun Run: Time prediction – no watches.

10K Race: The following age groups for both men and women: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

AWARDS: 2 Mile Fun Run: Based on predicted time – 15 medallion awards

10K Race: Beautiful hand-crafted mugs to first three in each division

BREAKFAST: Following the race, a pancake breakfast or baked goods may be purchased.

OTHER ACTIVITIES: West Coast Mennonite Relief Sale, including quilt and antique auction. Family fun.

PROCEEDS go to assist the world relief, development and service projects of Mennonite Central Committee.

FOR MORE INFORMATION: (559) 638-5565

ENTRY FORM AND WAIVER (PLEASE PRINT)

Mail entry blank and fee to: Run for Relief, 195 W. Ponderosa, Reedley, CA 93654

Name _____ Age on race day _____

Street address _____ Male Female (circle)

City/State/Zip _____ T-shirt size: YL S M L XL

If entering the 2 Mile Fun Run, write your predicted time. If entering the 10K Race, circle your age group:

2 Mile Fun Run: 2 Mile predicted time _____

10K Race: 19& under 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70 & over

WAIVER (MUST BE SIGNED): I intending to be legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights I may have against the RUN FOR RELIEF Race Committee, West Coast Mennonite Relief Sale, Inc., West Coast Mennonite Central Committee, Fresno Pacific University, the City and County of Fresno, and any and all sponsors and officials, their agents, representatives, successors, or assigns, for any and all injuries, ailments or other consequences suffered by me in the RUN FOR RELIEF on April 10, 2010.

Signature (parent signature, if entrant under 18) _____ **Date** _____