



28th Annual
2013 SHINZEN RUN & WALK
 Woodward Park - Fresno, CA
 Saturday, April 27

Park entry fee NOT included • Arrive 15 minutes in advance of start times listed • Events start promptly at designated times

10-Mile Race Walk, 6:00 am • 10-Mile Run, 6:45 am
Kids Run (ages 9 & under) - 7:15 am • 2-Mile Run - 7:30 am • 2-Mile Race Walk - 7:30 am
5-Mile Run, 8:00 am — Valley Runner of the Year Series, 30 Point Event

Benefits: Woodward Park's Shinzen Friendship Garden, Central CA Nikkei Foundation & Fresno Chapter of JACL
ALL three are locally based Non-Profit Community Organizations

ON-LINE REGISTRATION: WWW.PRORACEGROUP.COM – DISCOUNTED entry fees; \$2.50 Signup Fee (less for multiple entries)

COURSES: All events **START outside** of the Shinzen Garden and all events **FINISH inside** the Shinzen Garden Activity Area. 2-Mile, 5-Mile, and 10-Mile courses are on pavement (wheelchair accessible) and include the Lewis S. Eaton Trail. Events are open to participants of all ages and abilities.

AWARDS: Overall - first male and female finishers in the 2-Mile Run, 5-Mile Run, and 10-Mile Run. No overall awards in the Kid's Races, 2-Mile Walk and 10-Mile Walk. Awards for top finishers in each age division are noted on entry form with (1), (3) or (5). Overall winners may NOT win age division. Walk award winners must walk entire course - NO running or skipping.

SPECIAL AWARDS: Participant goody bags for Kids Events. 2-Mile, 5-Mile, and 10-Mile Run events, the optional Clydesdale for females 160+ lbs. and males 200+ lbs. finishing first in this special division - Clydesdale award winner may win age division too!

RACE DAY PRIZE DRAWING: After the awards ceremony, entries as of **Friday, April 26 (3:00 pm)** are eligible for the Prize Drawing for \$100, \$50 and \$25 and other prizes. **Must be present to win.**

RACE DAY ACTIVITIES: Inside Shinzen Garden Activity Area, Fresno Gumyo Taiko (drummers) Group performances at 8:10 am & 8:45 am, drinks & refreshments, awards ceremony, and drawings.

CHIP TIMING: Talley Timing Inc. of Fresno. Official Results and event photographs on the internet - www.proracegroup.com. Print results at Sierra Running Co., 9447 N. Ft. Washington Rd., Fresno.

WALK-IN REGISTRATION & PRE-REG PICKUP
Kitahara Buick GMC Inc., 5515 N. Blackstone Ave. (just north of Barstow Ave.) - Fresno
Thu, Apr 25 (3:00 pm to 7:00 pm) • Fri, Apr 26 (11:00 am to 3:00 pm)

RACE DAY REGISTRATION & PRE-REG PICKUP, Shinzen Garden Parking Lot, begins 5:30 am
Performances by Fresno Gumyo Taiko Group • Refreshments • Award Ceremony • Race Day PRIZE Drawing

Kenneth Takeuchi, Race Director 559.275.6318 • Email: info@proracegroup.com • www.proracegroup.com
 Japanese American Citizens League - A Non-Profit Community Organization - Federal Tax ID 94-6102625

Cut and Mail ----- Cut and Mail

2013 SHINZEN RUN & WALK • Entry Form — photocopies welcomed!
 PLEASE, print legibly • **One entrant, one event per form** • No Refunds • No Substitutions

WAIVER (must be signed): In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executor, and administrators, waive and release forever any and all rights to claims or damages I may accrue against the Japanese American Citizens League, Fresno Chapter & Central California District Council, Shinzen Friendship Garden Inc., Central California Nikkei Foundation, the City of Fresno, any and all sponsors, Pro Race Group of Fresno, and any other officials, their agents, representatives, successors, or assigns, for any and all injuries, ailments, or other consequences suffered by me resulting from my participation in the 2013 Shinzen Run & Walk. In addition, I hereby give my permission to use any photographs, videotapes, or other recordings of me that are made during the event. **By signing below, I acknowledge that I have read, do understand, and will adhere to this Waiver.**

Name First and Middle Initial _____ Last _____

Address Include Apt. or Box Number _____ Telephone _____ Circle One: Evening Day

City & State _____ Zip _____ Gender - Circle One **Female Male** Age - Race Day

REQUIRED Signature of Entrant or Parent or Guardian if under 18 years of age
 Signature _____

Sizes subject to availability - ALL sizes may NOT be available on race day.
T-Shirt Size - Circle One - Youth: 10/12 14/16 Adult: M L XL
 Entries after Sun, Apr. 21: Shirt sizes are subject to availability - shirt must be claimed by 7:30 am race day!

Chip Timing by TALLEY TIMING, INC. of Fresno • (1) & (3) = Number Awards

<p>10-MILE EVENTS</p> <p>WALK, 6:00 AM</p> <p>Open: 39-UN (5) Masters: 40-OV (5)</p> <p><small>Must check-in at Start Line or scored as a Runner. Award winners must WALK entire course. NO running/NO skipping. Note: NO overall awards</small></p> <p>RUN, 6:45 AM</p> <p>15-19 (5) 30-39 (5) 50-59 (5) 20-29 (5) 40-49 (5) 60-OV (5)</p> <p>Clydesdale (1) - Must enter weight: _____ <small>Females 160+ lbs; Males 200+ lbs MUST mark age division too!</small></p>	<p>1/4-Mile Kids</p> <p>7:15 AM</p> <p>7 (3) 8 (3) 9 (3)</p> <p>7:20 AM</p> <p>3-UN (3) 4 (3) 5 (3) 6 (3)</p>	<p>2-MILE EVENTS</p> <p>RUN, 7:30 AM</p> <p>14-UN (3) 45-49 (3) 15-19 (3) 50-54 (3) 20-24 (3) 55-59 (3) 25-29 (3) 60-64 (3) 30-34 (3) 65-69 (3) 35-39 (3) 70-OV (3) 40-44 (3) Whch (1)</p> <p>Clydesdale (1) <small>Must enter weight: _____ Females 160+ lbs; Males 200+ lbs MUST mark age division too!</small></p>	<p>WALK, 7:30 AM</p> <p>39-UN (3) 40-59 (3) 60-74 (3) 75-OV (3)</p> <p><small>Award winners must WALK entire course. NO running/NO skipping. Note: NO Overall awards</small></p>	<p>5-Mile RUN, 8:00 AM</p> <p>Valley Runner of the Year 30-Point Event</p> <p>19-UN (3) 45-49 (3) 20-24 (3) 50-54 (3) 25-29 (3) 55-59 (3) 30-34 (3) 60-64 (3) 35-39 (3) 65-OV (3) 40-44 (3) Whch (1)</p> <p>Clydesdale (1) <small>Must enter weight: _____ Females 160+ lbs; Males 200+ lbs MUST mark age division too!</small></p>
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DARUMA BOOSTER Receive the commemorative T-shirt. Participation is NON-competitive, NO Time - NO awards. **Events: 2-Mile or 5-Mile**

ENTER EARLY: ON-LINE & SAVE! COMPLETE & SIGN ENTRY FORM - Check or money order payable to Fresno JACL

<p>Drop-off or Mail-in by Apr. 21</p> <p>\$10.00 - Kids Run \$17.00 - 2-Mile & 5-Mile Events \$30.00 - 10-Mile Events</p>	<p>April 22 thru 26 - includes Walk-in Reg Days</p> <p>\$10.00 - Kids Run \$20.00 - 2-Mile & 5-Mile Events \$35.00 - 10-Mile Events</p>	<p>Race Day, Shinzen Parking Lot</p> <p>\$10.00 - Kids Run \$25.00 - 2-Mile & 5-Mile Events \$40.00 - 10-Mile Events</p>
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ON-LINE: Discounted entry fees WWW.PRORACEGROUP.COM
 \$2.50 Signup Fee (less for multiple entries) until Sun, April 21, 9:00 pm PT

DROP-OFF: Sierra Running Co. 9447 N. Ft. Washington Rd. Fresno - 559.433.6750

MAIL: Shinzen Run c/o PRG P. O. Box 3755 Fresno CA 93650-3755

• Do NOT drop off or mail-in cash
 • Mail-in or drop-off BEFORE Sun, April 21
 • At Walk-in or Race Day - cash, check or MO payments - NO credit/debit cards