JAN T. LOWREY CACHE CREEK NATURE PRESERVE FUN RUN

10K Run and 5K Run/Walk

Date: **Saturday, April 17, 2010**

Place: **Jan T. Lowrey Cache Creek Nature Preserve**
34199 County Road 20 (CR 20 and 94B)
Woodland, CA 95695
Directions to Cache Creek Nature Preserve available on line at www.cacheconserv.org or on reverse of form.

Time: Run/walk begins at 9:00 a.m.
Race day registration -- 7:45 to 8:15 a.m.

Courses: Both the challenging 10K run course and the enjoyable 5K run/walk course follow country routes that begin and end at the Cache Creek Nature Preserve.
No dogs allowed on courses or at the Nature Preserve.

Fees: $20 pre-registration by mail, postmarked by 4/5/10.
$25 after 4/5/10. $30 on Race Day.
Special FAMILY Rate of $60 (limit of 4) if pre-registered by 4/5/10.
No Family Discount after 4/5/10.

Proceeds benefit Cache Creek Conservancy Scholarship Fund.
Fee includes Run T-shirt & refreshments.

Awards: **Prizes will be given to:**
- ***** Top three male and female finishers (5K and 10K)
- ***** Prizes for all children 10 and under
- ***** Largest family of finishers (overall)

Questions: For Run information phone:
(530) 661-1070 or e-mail: admincrk@yolo.com

Cache Creek Nature Preserve Fun Run, April 17, 2010 Woodland, California

Mail signed application and fees to: CCC, P.O. Box 8249, Woodland, CA 95776-8249.

Make Checks Payable to: Cache Creek Conservancy

**** One Person/one family member per entry (photocopied forms okay).** ** Please do not staple check to entry form.

LAST NAME _____ **FIRST NAME** _____

ADDRESS _____

CITY _____ **STATE** ____ **ZIP** _____

☐ **MALE** ☐ **FEMALE**

DAY PHONE ___ ___ ____

E-MAIL ADDRESS _____

EVENT ☐ **5 K** ☐ **10 K**

CIRCLE	**Adult**					**Child**	
SHIRT SIZE	Sm	Med	Lrg	X-Lrg		Med	Lrg

WAIVER: I, intending to be legally bound, do hereby for myself and my heirs, executors, and administrators waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me at the event or enroute to or from the event. I attest that I am physically fit and sufficiently trained for this competition. As part of the waiver I acknowledge that I have read and understand all of the above.

REQUIRED SIGNATURE: _____ **DATE:** _____

PARENT/GUARDIAN IF UNDER 18: _____

AMOUNT ENCLOSED	
10K Run & 5K Walk/Run	
$20 if postmarked by 4/5/10	**$**
$25 if postmarked after 4/5/10	**$**
$30 on Race Day	**$**
$60 (family of 4) if postmarked by 4/5/10	**$**
TOTAL ENCLOSED	**$**