



5K RUN/WALK

9:00 a.m. rain or shine
Bidwell Park | Sycamore Field
(between One Mile Recreation Area & Caper Acres)

Thursday, November 26, 2009

ENTRY FEES

Pre-registered by November 4:

Includes long sleeve t-shirt

Adults	\$25
Children 12 and under*, timed with bib & chip	\$20
Children 12 and under*, untimed, no shirt	FREE

After November 4, including Race Day:

T-shirts available on a first come, first serve basis.

All Adults, no exceptions	\$30
Children 12 and under*, timed with bib & chip	\$25
Children 12 and under*, untimed, no shirt	FREE

Registration is not required for children participating for FREE. T-shirt is not included, but may be purchased separately on-line.

Why pre-register?

All entries received by Nov. 4 are guaranteed a t-shirt on race day. Pre-registration applies only for entries received by mail or dropped off at Fleet Feet or the Jesus Center no later than Nov. 4 or on-line by the same date. For registration forms received after Nov. 4, a large number of t-shirts will be printed and available on a first come, first serve basis.

On-line registration (no extra fees)

Go to www.runforfood.com

Entry fees are non-refundable and non-transferable.

Day of race registration

Between 7:00 and 8:30 a.m. You must be in line by 8:30 a.m. to register for run/walk.

**Children under 12 must be accompanied by an adult.*

Run/Walk Details

The loop course is flat, paved and free of traffic. Baby strollers and wheelchairs welcome. No bikes, roller blades or pets please.

Run for Food utilizes computerized chip timing, which precisely records each runner's or walker's official time when they cross the start & finish line. Chip Timing will be available for those registered up through the end of Packet Pickup on Wed., Nov. 25. Chip timing will not be available on Race Day.

Finish line closes at 10:20 a.m. Official times cannot be guaranteed for those who finish later.

Awards ceremony will be held near the finish line after the run/walk is concluded. Details on website.

Need more information?

Web: runforfood.com Phone: (530) 624-6932
Race Director: Sonja Arnet

PACKET PICK UP

Save time, avoid race day crowds!

Go to: Fleet Feet Sports
241 Main St. (downtown Chico)
Tues., Nov. 24 and Wed., Nov. 25
from 10 a.m. to 6 p.m.

Pre-registered participants: Pick up race number, timing chip (if timed) and t-shirt.

Other participants: Register, pick up race number and timing chip (if timed).

All proceeds benefit the Jesus Center.



Jesuscenter
offering hospitality in the name of Jesus

The Jesus Center is a non-profit organization serving breakfast and dinner to hungry and homeless men, women, and children six days a week. The Center's Sabbath House provides shelter for up to 24 women and children. Our belief is that no matter how bad a person's life may be—there is always the possibility of hope. What begins with a meal may lead to a new future. The Jesus Center exists through the generosity of businesses, individuals, and churches who share our concern for the poor. All gifts are welcome and tax-deductible.

ENTRY FORM

Mail **completed entry form with signature** and a check made payable to Run for Food to:
Run for Food, P.O. Box 1535, Chico, CA 95927

One entry per form. Please copy and complete entry form for each participant. Thank you.

Waiver: In consideration of your accepting this entry, I, intending to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the persons and organizations affiliated with this race: Run for Food, the Jesus Center, Fleet Feet Chico, LLC, Fleet Feet Flyers, the City of Chico, County of Butte, and State of California and all other contributing organizations; and assign for any and all injuries suffered by me while traveling to or from or while competing in the 4th Annual Run for Food, held on Thursday, November 26, 2009. I further attest that I am physically fit and have trained for this event.

NAME (last, first) - Please print legibly

ADDRESS

CITY, STATE, ZIP

E-MAIL

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PHONE

GENDER Male Female

AGE ON RACE DAY _____ DATE OF BIRTH ____ / ____ / ____

T-SHIRT SIZE (guaranteed by race day with pre-reg by Nov. 4.)

Adult S M L XL XXL Youth S M L

ENTRY FEE (CHECK ONE)

Adult pre-reg \$25 Adult after 11/4 \$30 \$ _____

Child pre-reg \$20 Child after 11/4 \$25 \$ _____

I'd like to make an additional donation to Jesus Center \$ _____

PLEASE SELECT YOUR EVENT

Timed 5K (includes timing chip) Untimed 5k run/walk

Total \$ _____

Additional t-shirts can be purchased on our website through Nov. 4 or on Race Day as available.

SIGNATURE

Signature of parent or legal guardian if under the age of 18