

fog jog 2009

5-Mile Race or 3-Mile Stride

Co-Sponsors: Pacifica Rotary International and Pacifica Tribune

Race will be run in fog, rain or shine!!!

Date: Sunday, September 27, 2009

Course: Both run and stride routes begin in front of the Pacifica City Hall, 170 Santa Maria Ave. and end at Palmetto/Santa Maria Ave.

Time: Check-in and late entries 8 — 8:45 AM, race starts at 9 AM

Divisions: Women's and Men's, 13 and under, 14—19, 20—29, 30—39, 40—49, 50—59, 60 and older, and Family (winners have lowest combined time of any two family members)

Awards: Awards to top three finishers in each division, participation ribbons to all registered finishers. Stride is non-competitive, participation ribbons to all registered finishers

Early Registration: \$15 if received by 5 PM, Wednesday, Sept. 16, no refunds

Late/Race Day Req.: \$20, no refunds

How to sign up: Register online at <http://activenet.active.com/Pacifica> or mail form to "Fog Jog" 170 Santa Maria Ave., Pacifica, CA 94044 or come into the office at 1810 Francisco Blvd.

Free T-shirts to the first 75 to register! Make checks payable to 'City of Pacifica'



Parks, Beaches and Recreation Registration and Waiver Form for (check one) Fog Jog 5-Mile Run or 3-Mile Stride

Divisions: (circle one and "Family" if applicable)

13 & under	M	F	40—49	M	F
14—19	M	F	50—59	M	F
20—29	M	F	60 & over	M	F
30—39	M	F	Family	<input type="checkbox"/>	



PARTICIPANT NAME	MALE/FEMALE	HOME PHONE	EMERGENCY PHONE	

PARTICIPANT ADDRESS	CITY	ZIP	AGE	DATE OF BIRTH

CIRCLE T-SHIRT SIZE: XL L M FIRST 75 REGISTERED PARTICIPANTS GET A T-SHIRT!

RELEASE OF LIABILITY, INDEMNITY AND ASSUMPTION OF THE RISK

I, _____ understand that the activity(ies) for which I am registering, including, but not limited to, any class, program or event "Activity(ies)" provided in connection with the City of Pacifica can be dangerous and involves the risk of injury, property damage or death. Despite the risk involved and in consideration of the right to participate, I voluntarily agree to expressly assume any and all risk of injury, property damage, or death which might be associated with participation in the Activity(ies), and use of any facilities belonging to the City of Pacifica. I agree, on behalf of myself and my heirs, successors or assigns, to hold harmless, indemnify and defend the City of Pacifica, its officers, employees, and agents ("City") against any and all liability, claims, losses, damages, lawsuits or expenses, including reasonable attorneys' fees, arising in connection with my participation in Activity(ies). I agree to the use of my name and/or photo for City publicity. I agree in case of emergency City may administer CPR or arrange for medical transport. I agree the City is not responsible for lost or stolen items. I agree the City may deny me permission to participate in Activity(ies). **PARENTAL/LEGAL GUARDIAN CONSENT** (to be completed if applicant is under 18 years of age): I give consent for my son/daughter to participate in the Activity(ies), and I execute the above Release on his/her behalf. I have read and understood the registration form, liability release and parental consent form, and agree to all their terms and conditions.

Signed _____ Date _____

(Parent or guardian must sign if participant is under 18 years of age)

Form must be returned to 1810 Francisco Blvd. or MAIL TO: Fog Jog, 170 Santa Maria Ave. Pacifica, CA 94044