

El Rancho High School



Track & Field TROTT



10K Run • 5K Run & Walk • 1K Youth Trot

SATURDAY, FEBRUARY 27, 2010

- Invitation:** El Rancho High School Track & Field Program, City of Pico Rivera Parks & Recreation Department, and the Los Angeles County Sheriff's Department invites anyone looking to enjoy a nice run or walk and willing to support El Rancho High School Track and Field Program. All abilities are welcome!
- Course:** Flat course will start at Sheriff Station through scenic Pico Rivera Paseo Del Rio Spreading Grounds concluding at El Rancho High School. See reverse for race start times.
- Purpose:** Help raise funds for El Rancho High School Track and Field Program and create student scholarships. For more information, please email SMejia@erud.k12.ca.us or call (562) 335-2240.

Register now online at:
<http://runnersimage.net/calendar>

Walk-in Registration at:
City of Pico Rivera Parks and Recreation Department
6767 Passons Blvd., Pico Rivera, CA 90660
(562) 801-4430 www.pico-rivera.org
Hours: Mon.-Thurs. 7:30 a.m. - 5:30 p.m.
Closed every other Friday

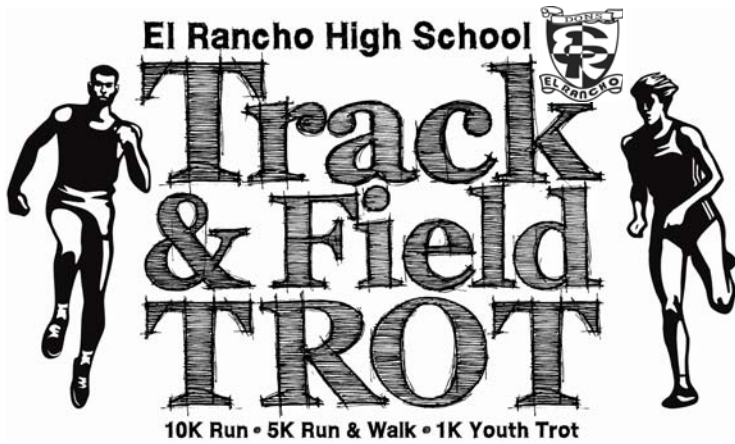
Early Registration ends Wednesday, February 24, 2010. T-Shirt with registration.
Medals given to top 3 male and female finishers in each division. Rain or shine event.

Event Partners:



Finish Line Management Service Provided By:

RUNNER'S IMAGE
COMPETITIVE SPORTS PROMOTION



El Rancho High School Track & Field Program,
 City of Pico Rivera Parks & Recreation Department
 and the Los Angeles County Sheriff's Department
 Presents

1st Annual Track & Field Trot

Course: Flat course will start at Sheriff Station through scenic Pico Rivera Paseo Del Rio Spreading Grounds concluding at El Rancho High School.

Parking: El Rancho High School
 6501 S. Passons Blvd., Pico Rivera, CA 90660

1K: Youth Fun Trot (12 years and under)
 Participation Awards.

5K & 10K: Medals will be given to top 3 male and female finishers in each division.

Registration: Early Bird Registration ends Wednesday, February 24, 2010. Race Day Registration will be accepted on race day, see race schedule for registration times. No refunds. T-Shirt included with registration fee.

SATURDAY, FEBRUARY 27, 2010
Pico Rivera, CA

SCHEDULE OF EVENTS:

- 6:45 a.m. Pre Registration Race Packets Available
- 7:45 a.m. 1K—Tiny Trot (12 and under)
- 8:00 a.m. 5K—Run & Walk
- 8:30 a.m. 10K—Run

Refreshments, Awards & Raffle to follow the 10K Race
 Finish line managed by Runner's Image. Rain or Shine.

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Yes, sign me up! Please print clearly.

Name (Last) _____ (First) _____ Gender Male Female Referred By _____

Address _____ City _____ State _____ Zip Code _____

Age (on Race Day) _____ T-Shirt Size(s) Adult: S ___ M ___ L ___ XL ___ XXL ___ Youth: S ___ M ___ L ___ Grade Level _____

E-Mail _____ Home Phone _____ Cell/Emergency Phone _____

Entry Fees (Please Check One)
Early Bird (Deadline: February 24)

- \$10 1K Youth Fun Trot
- \$20 5K Run/Walk
- \$20 10K Run

Entry fee includes T-Shirt
After February 24:

- \$20 1K Youth Fun Trot
- \$30 5K Run/Walk
- \$30 10K Run

Race Day

- \$20: 1K Youth Fun Trot
- \$30: 5K Run/Walk
- \$30: 10K

Race Divisions (Please Check One)

5K Division

- 10 yrs & under
- (Grade:) 6th 7th 8th
- 9th 10th 11th 12th
- 18-25 yrs
- 26-40 yrs
- 41 +

10K Division

- 13-18 yrs
- 19-30 yrs
- 31-45 yrs
- 46 +

Hold Harmless Waiver

Through this registration form, I realize that no medical insurance is provided for the Track & Field Trot activities and I fully understand that my participation exposes me (or my dependent) to risk of personal injury, death or property loss or damage. I hereby acknowledge that I am voluntarily participating or allowing my dependent to participate in this event/class and agree to assume any such risks. I hereby release, discharge and agree not to sue the City of Pico Rivera, and or El Rancho Unified School District and or Los Angeles County Sheriff's Department or any of its officers, employees or agents for any injury, death or damage to or loss of personal property arising out of, or in connection with my participation or the participation of my dependent in the event/class from whatever cause, including the active or passive negligence of the City of Pico Rivera, and or El Rancho Unified School District and or Los Angeles County Sheriff's Department and or any other participants in the event/class. In consideration for being permitted to participate in the event/class, I hereby agree for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of Pico Rivera and or El Rancho Unified School District and or Los Angeles County Sheriff's Department from any and all claims, demands, actions or suits arising out or in connection with my participation in the event/class. I am physically able (or my dependent is physically able) to participate in this activity. I consent to any medical treatment or my dependent needs while involved in this activity and agree to pay for it. I hereby consent to the use of photographs depicting me or my dependents in City of Pico Rivera and or El Rancho Unified School District and or Los Angeles County Sheriff's Department printed, website and or anyother marketing material. I HAVE CAREFULLY READ THIS RELEASE AND HOLD HARMLESS AND AGREE NOT TO SUE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF LIABILITY AND SIGN IT OF MY OWN FREE WILL.

Signature of Participant (or parent of under 18 years) _____ Date _____