

KENWOOD FOOTRACE

The Empire Runners Club presents the 39th annual

KENWOOD FOOTRACE

SUNDAY, JULY 4TH, 7:30 AM

10K and 3K Scenic Wine Country Courses

Plaza Park, Kenwood (Warm Springs Rd., off Highway 12)



Commemorative glassware to limited to 1400 finishers! High-Tech T-Shirts limited to availability
\$5 off Pancake Breakfast at the Kenwood Community Church

<i>US Mail</i>	June 26 Postmark Deadline	\$30 Adults 19 and over \$20 Youth 10 to18 \$5 Children 9 & under (cotton T-Shirt)
<i>On-line</i>	June 30 Deadline www.kenwoodfootrace.com No processing fee!	
<i>In-store</i>	July 2nd 12:00 - 7:00 PM July 3rd 10:00 AM - 6:00 PM Fleet Feet Sports, Santa Rosa	
<i>Race Day</i>	July 4th 6:00 - 7:00 AM Plaza Park in Kenwood.	\$40 Adults (19 and over) \$30 Youth (18 and under)
<i>Store Location & Info Hotline</i>		Fleet Feet Sports, 111 Third Street, Santa Rosa 707-569-1494
<i>Online Results</i>		www.kenwoodfootrace.com



The Empire Runners Club is a 501(c)(3) non-profit community service organization, promoting running as a healthy sport for participants of all abilities. Proceeds from the Kenwood Footrace benefit Sonoma County high school track and cross country programs and the Kenwood Firefighters Association.

***** **POSTMARK DEADLINE JUNE 26** ***** **PLEASE FILL IN ALL BLANKS AND PRINT CLEARLY** *****

WHICH RACE? (must check one): 10K _____ 3K _____

FIRST NAME _____ LAST NAME _____

SEX: **M** or **F** (circle one) AGE ON RACE DAY: _____ DATE OF BIRTH: _____ - _____ - _____

EMAIL ADDRESS _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Prices if mailed by June 26: Adults 19 and over--**\$30**/ Youth 10 to 18--**\$20**/ Children 9 and under --**\$5**

Make checks payable to: **Empire Runners Club.** Mail to: **Fleet Feet Sports, 111 Third St., Santa Rosa, CA 95401**

AMOUNT ENCLOSED: \$ _____

NOTICE: This entry and release form is a contract with legal consequences. Read it carefully before signing.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any and all other risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, and the conditions of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and unconditionally waive and release and discharge the race officials, volunteers, and any and all sponsors including any and all of their agents, employees, assigns, or anyone acting for or on their behalf from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature _____ (Signature of Parent or Guardian REQUIRED if under 18) Date _____