

9th Annual 5k Resurrection Run & Walk

Saturday, April 19, 2014 at Glen Hall Park



5415 Sandburg Drive, River Park Neighborhood Sacramento, CA 95819

Celebrate the Resurrection of Jesus Christ and help us raise funds to support the **Twinomujuni Orphanage** in Kabale, Uganda. This orphanage and school was established to care for children orphaned as a result of the AIDS epidemic in Uganda. For more information, please go to: www.shepherdslove.com or www.k-fitness.org

5k Course: Fast, flat and winds through the beautiful River Park Neighborhood. USATF sanctioned and certified.
Start and Finish: Glen Hall Park near Sacramento State University (see below for directions, website for map).



Schedule of Events: Racing Rain or Shine!

7:30 a.m. Race Day Registration / Packet Pick-up
8:30 a.m. Free Kids Run
9:00 a.m. 5K Run & Walk
10:00 a.m. Awards, Raffle and Kids' Easter egg hunt

5k Awards: Award for the top Male and Female finisher. Awards to the top 3 Finishers, male and female in age divisions: under 12; 12-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80-89, 90 +

The Biggest Heart Award to the Largest Team!

Team captains, please bring list of team members to race for verification.
Team Members, write team name on registration forms.

Camerer Inspiration Award: our Eldest Participant!

Registration Fees:

\$ 20 Postmarked on or before April 2, 2014
\$ 25 Postmarked April 3rd – April 11th and Race Day
Free.....Kids ½ Mile run (no t-shirt)
(Please do not mail after April 11th).

All Paid Entries include: Post race refreshments & Entertainment, T-shirt, goody bag, raffle entry

In Person Registration/Packet Pickup: **Friday April 18th, 5-7 pm:**
Capitol Foursquare Church, 2418 O St. Sacramento, 95816
OR Raceday at Glen Hall Park.

Virtual Runner....Can't make the race but would like to donate?
Please consider a donation as a virtual runner!

Safety: Strollers OK. Please no pets, bikes, headsets or skates.

Directions: Race start is at the intersection of Carlson and Sandburg Drive. **From Hwy 50:** Take Howe Ave. North, turn left on Fair Oaks Blvd. After the bridge, stay to the right and continue on H St. Drive past the Scottish Rite Temple to the stoplight. Turn right onto Carlson Dr. Follow Carlson Dr. to the end of the road where Glen Hall Park is located. J St also intersects with Carlson Dr. directly in front of Sacramento State University. Follow Carlson past H St to Glen Hall Park. See map on website: www.k-fitness.org

For More Information, please contact Race Director: 916-457-4726

9th Annual Resurrection Run a 5k Run/Walk Registration

Name: _____ Gender: M F Address: _____ City: _____

State: _____ Zip: _____ Phone: (____) _____ - _____ E-mail: _____

Age on Race day: _____ Shirt Size: S M L XL (circle)

Team Name (if any) _____ Team Captain _____

Virtual Runner: If you can't attend the race but would like to donate, please check here _____ Thank You!

Registration Postmarked by April 2, 2014: \$20____ Postmarked April 3 through April 11, 2014 and on Race day: \$25 ____

Please Make Checks Payable to: Koinonia Sports and Fitness Association

Mail to: Koinonia Sports and Fitness Association, PO Box 19523, Sacramento, CA. 95819 **Please do not mail after April 11, 2014**

Waiver: In consideration of accepting this entry of the activities of the Resurrection Run, April 19, 2014, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may accrue against Koinonia Sports and Fitness Association, the Capitol Foursquare Church, the City of Sacramento, the USATF, their representatives, their employees, all sponsors and volunteers for any and all injuries that may be suffered by me at or en-route to or from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed MD during the last six months. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring from my participation. As part of the waiver, I acknowledge that I have read and understand all of the above.

Signature (parent or guardian if under 18) _____ Date _____ All entrants must sign and date waiver.