

Reno Running Sports
presents...

Dads Day
5k Trail Run
& Kids 1/4 Mile



Sunday, June 20th, 2010

Kids 1/4 Mile - 8:30 am

5K - 8:45 am

Hidden Valley Regional Park
Reno, NV 89502

Proceeds to benefit
The Solice Tree



www.renorunning.com

Course:

The course is a fun rolling course through Hidden Valley Regional Park.

Awards:

Top 3 Male and Female 5K Run.

Entry Fees:

\$25 (Before 6/14 Includes Shirt)

\$25 (Event Day No Shirt)

Shirts will not be available on event day. *Do not mail entry after 6/14. Non Refundable.*

Registration:

Mail in a completed entry form with payment before 6/14 to:

**Reno Running Sports
1839 Lakeland Hills Drive
Reno, NV 89523**

Packet Pick-Up:

Packets can be picked event day from 7:30 am to start of the race.

Late Registration:

Late registration will be event day from 7:30 am to 8:15 am.

For More Information: Ryan Ress at (775) 690-1320 or via email, renorunning@hotmail.com



Entry Form:

Print clearly and fill out one entry form per participant, with waiver signed by athletes 18 years or over, under 18, parent or guardian must sign.

Name _____

Street Address _____

City _____ State _____ Zip _____

Home Phone _____

E-mail Address _____

How did you hear about the event? _____

Male or Female (*circle one*)

Birth Date _____

5K Run or 5K Walk (*circle one*)

Kids 1/4 Mile (FREE, no shirt, must be 12 and under)

T-shirt size: (*circle one*)

S M L XL

Entry Fee:

_____ Kids 1/4 Mile FREE

_____ \$25 (Before 6/14 Includes Tshirt)

_____ \$25 (Event Day No Shirt)

In consideration of the acceptance of this entry, I hereby WAIVE AND RELEASE ANY AND ALL CLAIMS that I may have against the Summer Solstice 5k Trail Run, Reno Running Sports, Silver State Striders, and all race organizers, sponsors, volunteers, USATF, federal governmental entities, including State of Nevada, City of Reno, Washoe County, US Forest Service - Humboldt-Toiyabe National Forest and all real property owners containing the race course, and their representatives and successors, including any and all claims for damages caused by the negligence of any of them for any injuries, known (including death) suffered by me in this event and its related activities. I acknowledge that my participation in this event is a hazardous activity and voluntarily assume all risks associated with participating. I verify that I am physically fit and sufficiently trained for completion of this event.

Signature (*under 18 parent or guardian*)

Date

