

RUN FOR THEIR LIVES



BAKER VALLEY
PHYSICAL THERAPY

2010



Run or Walk 5K (3.1 miles) and

10K (6.2 miles) Run

Date: July 31st, 2010

Time: 7:30 AM

Location: Geiser Pollman

Park Gazebo

Baker City

Pre-register before July 31st

Age Divisions

- 13 and under
- 14-19 years of age
- 20-29 years of age
- 30-39 years of age
- 40-49 years of age
- 50-59 years of age
- 60-69 years of age
- 70-79 years of age
- 80 years of age or over

Major Sponsors:

Subway

Baker Valley Physical Therapy

Proceeds will benefit the Shriner's Hospital

Contact Blake Marlia for more information

523-8888

Entry Fees

\$15.00 for preregistered runners

\$20.00 for race-day runners

Sign-up at the Geiser Pollman Park starting at

7:00 AM

Race will begin at 7:30 AM

Mail form and entry fee to:

Blake Marlia

3950 17th Street

Baker City, OR 97814

Make checks payable to Shriner's Hospital.

Registration forms will also be available the day of

the race, but T-shirts cannot be guaranteed.

Name

Address

Phone

T-shirt Size: S ___ M ___ L ___ XL ___

Sex ___ Age on race day ___ 5K/10K ___

PLEASE READ AND SIGN: I the undersigned, have fully evaluated the conditions of the race and having full knowledge of the risks incidental to running and walking, freely and voluntarily assume all risks incident to my participation in this race. Further, I hereby profess to have adequately trained for this event. I hereby release for myself, my heirs, executors and administrators, RUN FOR THEIR LIVES!, Baker Valley Physical Therapy officers, members and any other person who have helped organize or assist in this race from any and all claims, demands, actions, or causes of actions incident to or arising from my participation in this race.

Signature

Date

Signature of parent or guardian if under 18 years

Date