Parks, Beaches and Recreation Dept. — City of Pacifica

fog jog 2012

5-Mile Race or 3-Mile Stride

Co-Sponsors: Pacifica Rotary International and the Pacifica Tribune

Race will be run in fog, rain or shine!!!

Date: Sunday, September 30, 2012

Course: Both run and stride routes begin on Salada Ave. at Francisco Blvd. and end at Salada Ave./Palmetto Ave.

Time: Check-in and late entries 8 — 8:45 AM, race starts at 9 AM

Divisions: Women's and Men's, 13 and under, 14—19, 20—29, 30—39, 40—49, 50—59, 60-69, 70 and older, and Family (winners have lowest combined time of any two family members)

Awards: Awards to top three finishers in each division, participation ribbons to all registered finishers. Stride is non-competitive, participation ribbons to all registered finishers

Early Registration: **$15** if received by 5 PM, Wednesday, Sept. 12, no refunds

Late/Race Day Reg.: **$20**, no refunds, checks payable to "City of Pacifica"

How to sign up: Register online at http://activenet.active.com/Pacifica or mail form to "Fog Jog" City of Pacifica 170 Santa Maria Ave., Pacifica, CA 94044 or come into the office at 1810 Francisco Blvd.

Free T-shirts to the first 75 to register!

T-shirt sizes guaranteed only for those who register by Sept. 12

Parks, Beaches and Recreation Registration and Waiver Form for (check one)

Fog Jog 5-Mile Run #30.470 ☐ or 3-Mile Stride #30.471 ☐

Divisions: (circle one) Check "Family" here ☐ if applicable)

13 & under	M	F	40—49	M	F
14—19	M	F	50—59	M	F
20—29	M	F	60-69	M	F
30—39	M	F	70 and up	M	F

Register by Sept. 12 to guarantee your T-shirt size!!

PARTICIPANT NAME | MALE/FEMALE | HOME PHONE | EMERGENCY PHONE

PARTICIPANT ADDRESS | CITY | ZIP | AGE | DATE OF BIRTH

CIRCLE T-SHIRT SIZE: XL L M S **FIRST 75 REGISTERED PARTICIPANTS GET A T-SHIRT!**

RELEASE OF LIABILITY, INDEMNITY AND ASSUMPTION OF THE RISK

I, _____ understand that the activity(ies) for which I am registering, including, but not limited to, any class, program or event "Activity(ies)" provided in connection with the City of Pacifica can be dangerous and involves the risk of injury, property damage or death. Despite the risk involved and in consideration of the right to participate, I voluntarily agree to expressly assume any and all risk of injury, property damage, or death which might be associated with participation in the Activity(ies), and use of any facilities belonging to the City of Pacifica.

I agree, on behalf of myself and my heirs, successors or assigns, to hold harmless, indemnify and defend the City of Pacifica, its officers, employees, and agents ("City") against any and all liability, claims, losses, damages, lawsuits or expenses, including reasonable attorneys' fees, arising in connection with my participation in Activity(ies). I agree to the use of my name and/or photo for City publicity. I agree in case of emergency City may administer CPR or arrange for medical transport. I agree the City is not responsible for lost or stolen items. I agree the City may deny me permission to participate in Activity(ies). **PARENTAL/LEGAL GUARDIAN CONSENT** (to be completed if applicant is under 18 years of age): I give consent for my son/daughter/dependent child to participate in the Activity(ies), and I execute the above Release on his/her behalf. I have read and understood the registration form, liability release and parental consent form, and agree to all their terms and conditions.

Signed _____ Date _____

(Parent or guardian must sign if participant is under 18 years of age)

Form must be returned to 1810 Francisco Blvd. or MAIL TO: Fog Jog, 170 Santa Maria Ave. Pacifica, CA 94044