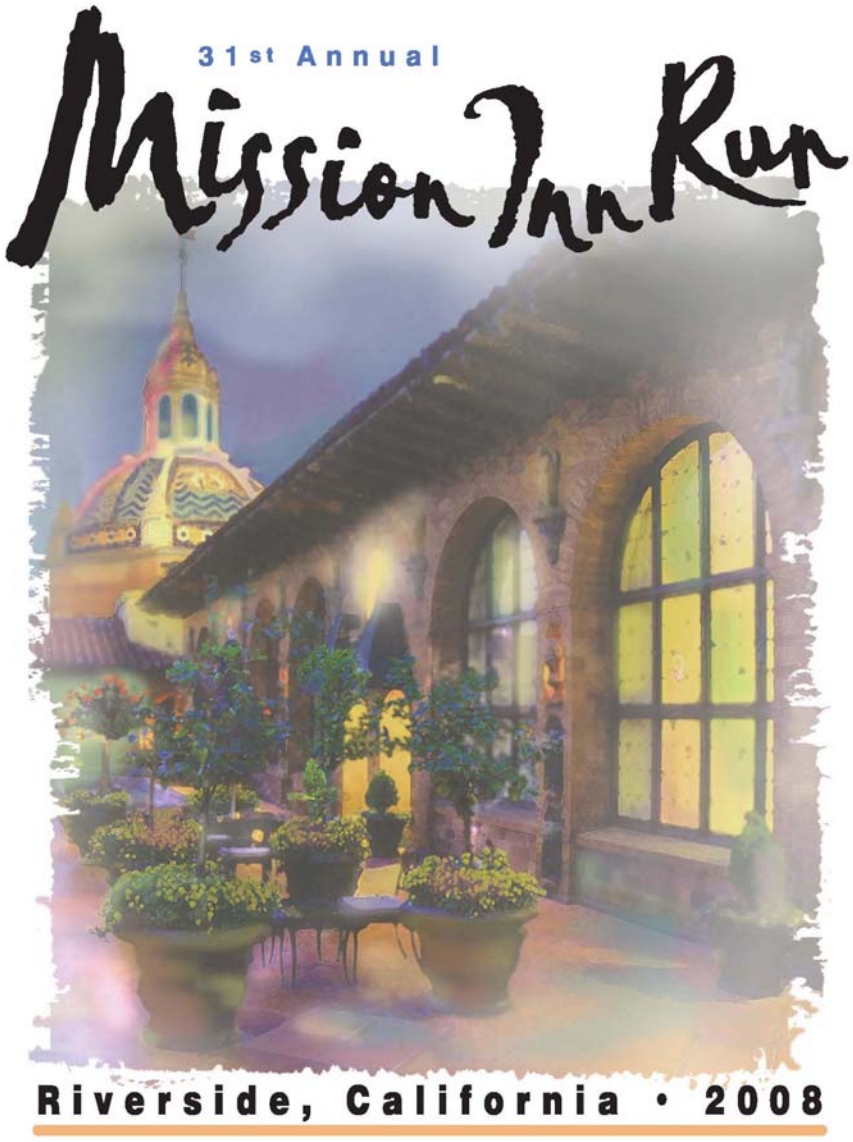


Mission Inn Run , November 9, 2008

5K High School Team Competition Form

Teams consist of 3-5 members. The fastest 3 times score for the team. Each team member's parent/guardian must sign a separate registration form and waiver to be submitted with this form and payment. One coach may run per team as a team member.

5K Team Competition **7:30 AM** **$ 75.00**

Team Name (please print)_____

1. Student /Coach Name Waiver Attached ? ☐

2. Student Name Waiver Attached ? ☐

3. Student Name Waiver Attached ? ☐

4. Student Name Waiver Attached ? ☐

5. Student Name Waiver Attached ? ☐

School Name	Coach Name
Address	
City, State , Zip	
Phone	E-Mail

Enclose a $75.00 check payable to: **Mission Inn Foundation**

Mail all forms and check together to:
Mission Inn Foundation
3696 Main Street
Riverside, CA 92501

For information, call the:
Mission Inn Museum
(951) 788-9556

http://www.missioninnrun.org

SUNDAY, NOVEMBER 9, 2008

New Event! New Course!

New one mile event — flat & fast — beginner friendly. New course for the 10K — it's now a double loop of the 5K — faster and spectator friendly.

Awards

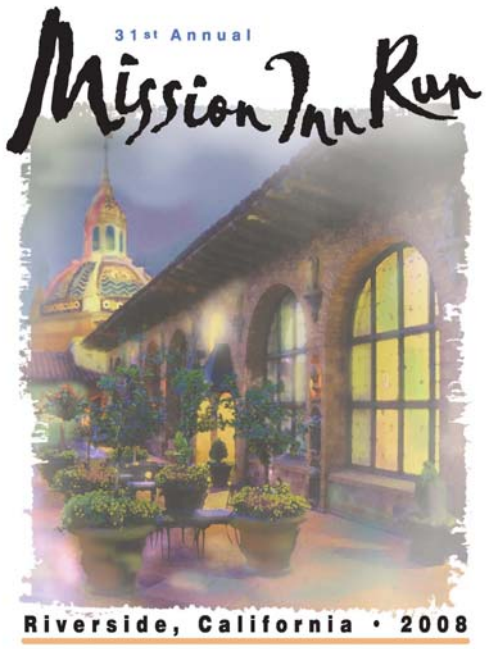
Awards will be presented to the top three finishers in each division. Specially designed medals will be given to the top 100 men and top 100 women in the 5K and 10K runs. Overall winners in the 1 mile, 5K and 10K events will receive Mission Inn Hotel packages.

Team Competition

Teams consist of 3 to 5 members. The fastest 3 times score for the team. Each member must fill out a separate entry form and submit them together. Awards to top 3 teams in each division.

Healthy Kids' Events

Kids' course for 1K (8-12) & 1/2 K (7 & under) Healthy Kids' Runs. Every child crossing the finish line receives a gold medal in recognition of the accomplishment!



Pre-registration

Beat the rush! Join us at the Mission Inn Museum Saturday, November 1, between 10 a.m. and 2 p.m. This is the only location for early pick-up of bib numbers and T-shirts.

Get In Shape

Get ready for the Run! Improve your endurance, stamina, speed and strength. Call Greg English and the Pro Fitness Team for personalized fitness training. (951) 275-9378.

PRO FITNESS

Professional run course management under the direction of Greg English and the Pro Fitness team.

START TIMES: RAIN OR SHINE!

Registration Opens	5:45 a.m.
1 Mile People's Run	7:00 a.m.
5K People's Run/Team	7:30 a.m.
5K People's Walk	7:35 a.m.
10K People's Run/Walk	8:30 a.m.
1K Healthy Kid's Fun Run	10:30 a.m.
1/2K Healthy Kid's Fun Run	10:45 a.m.

Team Registration — Individual Entry/Waiver

Official Use Only

Mail completed form and check payable to Mission Inn Foundation to:
Time Management, PO Box 131314, Carlsbad, CA 92013

Name (first) (last)

Address

City State Zip

Phone (Day)

M F Age Occupation

DIVISIONS: (check one)

- ☐ 12 & Under
- ☐ 13 - 17
- ☐ 18 - 24
- ☐ 25 - 29
- ☐ 30 - 34
- ☐ 35 - 39
- ☐ 40 - 44
- ☐ 45 - 49
- ☐ 50 - 54
- ☐ 55 - 59
- ☐ 60 - 64
- ☐ 65 - 69
- ☐ 70 - 74
- ☐ 75 - 79
- ☐ 80+

School Team Special Pricing

3—5 members $ 75.00
(regular price $ 120.00)

Payable to: Mission Inn Foundation
c/o Time Management
PO Box 131314
Carlsbad, CA 92013

For special team pricing, this form **must** be completed by each team member and signed by a parent or guardian if the runner is under 18, and submitted together with payment to the **Mission Inn Foundation.**

WAIVER (must be signed)

I hereby release the Mission Inn Foundation, the City of Riverside, The Press-Enterprise Company, the Riverside Downtown Partnership, all government and municipal agencies whose property and/or personnel are involved, and other cosponsoring company(ies) or individual(s) from responsibility for any injuries or damages I may suffer as a result of my participation in the Mission Inn Run. I hereby certify that I am in good condition and am able to safely compete in this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. and I also understand that the entry fee is non-refundable. As a participating athlete I certify that all information provided in this form is true and complete. I have read the entry information provided for the event and certify my compliance by signature below. Entry is non-transferable.

Signature of Athlete/Date (Signature of parent or guardian if under 18 years/Date)

IF ATHLETE IS UNDER AGE 18: This is to certify that my son/daughter has my permission to compete in the Mission Inn Run, is in good physical condition, and that race officials have my permission to authorize emergency treatment if necessary.