The Lake Norconian Club Foundation

and

The Norco Kiwanis Club

present the

First Annual

Lake Norconian 5K Run/Walk

Saturday, Nov. 14, 2009

Check-in: 6:45 - 7:45 AM

Event starting time: 8:00 AM

Lake Norconian is located on an active military base.

Photo ID required at check-in.

Event begins and ends on the Riverside Community College, Norco Campus, 2001 3rd St., Norco, CA 92860

www.NorcoKiwanis.org

Go to NorcoKiwanis.org for

- Detailed map information
- Printable registration form

Contact e-mail: Liz@NorcoKiwanis.org

Registration fees:

Early Registration: $20.00
After October 31: $25.00
Day of event: $25.00

Postmark of mailed registration form will be used to determine early registration.

Medals: Top 3 male and female participants competing in 14 age categories + overall winners.

The youngest age group is 9 yrs and under. The oldest is 70+. Go to www.NorcoKiwanis.org for more details.

Special thanks to: The Naval Weapons Station, Seal Beach Detachment Corona, and Riverside Community College, Norco Campus.

Our Sponsors Include: Albertson's; Instant Imprints; California Awards; AFS Printing; Preferred Choice Printing; Town and Country Day School; Hampton Inn.

The event will take place rain or shine!

2009 Lake Norconian 5K Run/Walk Entry Form

FIRST NAME _____ LAST NAME _____

AGE _____ SEX _____ DATE OF BIRTH _____ MOST CONVENIENT PHONE NUMBER _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL ADDRESS _____

Send entry to: Norco Kiwanis Club
PO Box 285
Norco, CA 92860

Make check payable to: Norco Kiwanis Club

Amount enclosed: $_____

Complimentary Event T-Shirt Size:

S___ M___ L___ XL___ 2XL___

For office use only

A___ B___ C___ D___ E___ F___ G___

H___ I___ J___ K___ L___ M___ N___

WAIVER AND RELEASE FROM LIABILITY **(All participants must sign):**

In consideration of this entry, I, for myself, my heirs, executors, administrators, and assignees, hereby waive any and all rights and claims for damages against the Norco Kiwanis Club, Kiwanis International, the Lake Norconian Club Foundation, Riverside Community College, the United States Navy and it affiliates, Prime Time, all sponsors, and any individual associated with this event, for any and all injuries sustained by me during this event, including before and after the run/walk. I also understand that none of the above parties are responsible for the loss or damage of personal items or any other aggravation in connection with this event. I acknowledge that I am aware of the inherent risks in participating in an athletic event of this type. I attest and verify that I am physically fit and have trained sufficiently for the competition of this event. Furthermore, I grant full permission to any and all of the foregoing to use my name, my voice, or my picture in any broadcast, telecast, advertising, promotion or other accounts of this event for any purpose whatsoever. **I understand that this entry fee is non-refundable and non-transferable.**

X_____ _____

Signature (If under 18 years old, parent/guardian signature is required) Date