



# 36<sup>th</sup> Annual Seal Beach /

## ~ 5K/10K Run ~ 5K Walk ~ Kids' 1K Fun Run ~

### Saturday, April 10th, 2010

#### Entry Form – All Events

One form per person- but may submit 1 check for all entries!

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Birthdate (mm/dd/yy) \_\_\_\_\_

Email \_\_\_\_\_

Please Select One

- |  |                                  |
|--|----------------------------------|
| <input type="checkbox"/> 1K Kid's Run<br>(11 and Under only) | <input type="checkbox"/> 5K Walk |
| <input type="checkbox"/> 5K Run                              | <input type="checkbox"/> 10K Run |
| <input type="checkbox"/> MALE                                | <input type="checkbox"/> FEMALE  |

**TO ENTER:** Make check payable to "Seal Beach 10K" and send it with completed entry form to:

**Seal Beach 5/10K Run**  
**P.O. Box 190**  
**Seal Beach, CA 90740**

OR

Register Online at [www.active.com](http://www.active.com)



I would like to raise funds for the Cancer Support Foundation:    Y    N

T-Shirt Size: 5K/10K ~ Adult:    S    M    L    XL    XXL \*  
 (Circle size desired)    Fun Run ~ Children    S    M    L    or    Adult-S

<b>PRE-REGISTRATION: (On or Before 04/04/10)</b> 5K/10K Run or 5K Walk	<b>\$27.00</b>	\$ _____
<b>LATE REGISTRATION: (After 04/04/10)</b> 5K/10K Run-5K Walk	<b>\$35.00</b>	\$ _____
<b>GROUP PRE-REG.: (On or Before 04/04/10)</b> 5K/10K Run-5K Walk <b>Group Name:</b> _____	<b>\$25.00/Ea</b>	\$ _____
<b>KIDS' 1K FUN-RUN (11 and under only)</b>	<b>\$17.00</b>	\$ _____
<b>XXL T-Shirt – ADD *</b>	<b>\$2.00</b>	\$ _____
<b>TOTAL ENCLOSED</b>		\$ _____

**Group Registration Rules - Please Read**

- Group registration applies to groups of 10 or more only.
- Groups must Pre-Register. NO late or same day registration will be taken.
- Each participant must complete and sign a registration form and waiver.
- Signed forms and payment for entire group must be submitted at one time.
- All numbers & shirts must be picked up by one group member at one time only. No split sets.

In consideration at my entry being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrator, waive, release and forever discharge any and all rights and claims for damages which I may have here after accrued to me against the City of Seal Beach, Long Beach, and all their sponsors or any other individuals or organization associated with the above for any and all damages/injuries which may be sustained by me in connection with participation in and returning from the Seal Beach 10k/5k Fun Run. I further attest and verify that I am physically fit, enjoying good health and have sufficiently trained for the competition at this race. I will additionally permit the use of me/my child's name and picture in the newspaper, recreation department web-site or brochures related to the event.

**SIGNATURE** (SIGNATURE OF PARENT, IF ENTRANT IS UNDER 18 YEARS OF AGE)

**DATE**

**NOTES:** Entries will not be accepted without signature. There will be NO Refunds. There will be NO late registration accepted on race day – **PACKET PICK-UP ONLY**. View our website at [www.sealbeachrun.com](http://www.sealbeachrun.com).



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## RACE FEATURES

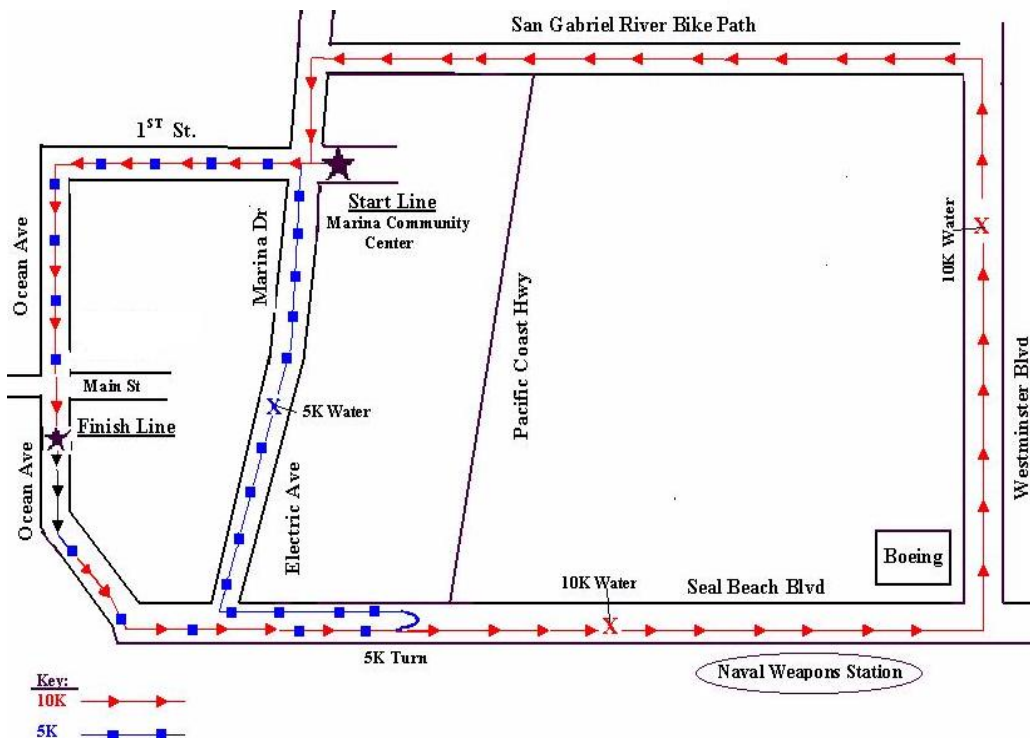
- ◆ Proceeds benefit greater Seal Beach community recreation programs, services and facilities via Grant Request program.
- ◆ Electronic timing chips for all 5&10K participants.
- ◆ Supervision for Fun Run children.
- ◆ All registered runners will receive a high quality short sleeve 100% cotton designed T-Shirt. Sizes are limited and exact sizes not guaranteed.
- ◆ Participants may choose to raise funds for "The Cancer Support Foundation" by circling "Y" on entry form. Provides Vital Services for cancer patients in Seal Beach, Los Alamitos.
- ◆ Visit our website at [www.sealbeachrun.com](http://www.sealbeachrun.com)

### Race Times

7:45 AM	Kids 1K Fun Run
8:00 AM	5K/10K Run
8:05 AM	5K Walk

### The Course – 5K

A looped course starts at First St. and Marina Dr. and heads up First St. Turn left on Ocean Ave., continuing on Ocean Ave. to Seal Beach Blvd., Turnaround just before PCH. Right on Electric Ave. merging onto Marina Dr. To First St. left to Ocean Ave. Left on Ocean Ave. to the finish line at the Pier.



## RACE REGISTRATION & PACKET PICKUP

Friday, April 9, 3:00 pm to 8:00 pm  
Saturday, April 10, 6:30 am to 7:45 am – **Packet Pickup Only**

### Marina Community Center

Located at 151 Marina Drive @ 1<sup>st</sup> Street in Seal Beach

### AWARDS – 5K Walk and 5/10K Runs

Awards to the top 3 finishers in each of 13 divisions (walkers and runners). Special Run awards for overall Run Champions – Male and Female. First place Seal Beach Male and Female Runners to receive special awards. Ribbons to all Kids 1K Fun-Run participants.

**Must be present to claim award. Awards will not be mailed.**

### DIVISIONS

11-13, 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.

**NOTE:** Timing results for the 5K & 10K Walk/Runs will be based on "chip times" (not gun times). Chip times start when you actually cross the start mat and end when you cross the finish mat.

### The Course – 10K

A looped course starts at First St. and Marina Dr. and heads up First St. Turn left on Ocean Ave., continuing on Ocean Ave. to Seal Beach Blvd, crossing PCH. Follow SB Blvd. to Westminister Blvd. Left on Westminister Blvd. to the San Gabriel River Bike Path. Turn left onto the River Bike Path and continue to Marina St. Bridge. Left on Marina Dr. Left to First St., right onto First St., continue to Ocean Ave. to the finish line at the Pier.

**NOTE:** The 10K Run has a time limit of 1 hour & 45 minutes. The course will be cleared at that time by officials.