

# HEALDSBURG KIWANIS FITCH MOUNTAIN FOOTRACE



Sunday, June 7th  
2009 at 8 am

## Pre-registration Information (By June 4, 2009)

Adults (13-19) \$25

Children (12 & under) \$20

Seniors (60+) \$20

Children under 12 are free  
with participating parent.

All registered runner receive  
a commemorative T-Shirt



## Raceday registration (After June 4, 2009)

Adults (13-19) \$30

Children (12 & under) \$25

Seniors (60+) \$25

Children under 12 are free  
with participating parent.



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The run takes place in the Heart of Sonoma County's Wine Country in Healdsburg. Both courses start and end at the Historic Downtown Plaza. Come and enjoy a day in the wine country with great restaurants, world class wineries, and the beautiful Russian River. The course meanders through quaint neighborhoods and out around Fitch Mountain bordering the Russian River.

All registration forms and fees should be mailed to:

Healdsburg Kiwanis Memorial Scholarship fund  
c/o Jerry Strong  
14685 Grove Street  
Healdsburg, CA 95448

Online Registration --[www.THESCHEDULE.com](http://www.THESCHEDULE.com)  
Fax: (707) 433-1856

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## Race Divisions

Below is a listing of age divisions for both the 10K and 3K runs. Age divisions for each distance are the same for male and female divisions.

### 10 K

A	12 & Under	H	50-54
B	13-18	I	55-59
C	19-29	J	60-64
D	30-34	K	65-69
E	35-39	L	70-75
F	40-44	M	76-79
G	45-49	N	80 & Over

### 3 K

N	12 & Under	U	50-54
O	13-18	V	55-59
P	19-29	W	60-64
Q	30-34	X	65-69
R	35-39	Y	70-75
S	40-44	Z	76-79
T	45-49	ZZ	80 & Over

- Combined 10K run and 3K run and or walk courses
- Measured TAC standards
- Pre-registered entrants will receive T-shirt and race number on race day at the "Pre-registered Table."
- Please plan on arriving at the event no later than 7:30 am.
- First place winners in each category will receive medallions.

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## 2008 Race Sponsors

	Platinum	Gold	Silver
Sonoma Luxury Resort	\$1000		
Brandt Insurance		\$500	
Dry Creek Rancheria		\$500	
Charlie Reichel			\$250
Bob's Signs			\$250
McConnell Chevrolet			\$250
Silveira Pontiac			\$250
Healdsburg Floor Covering			\$250
Robert Young			\$250
Strong Family			\$250
Montemaggiore Winery			\$250
Ledger Domaine			\$250
Bank of the West			\$250
Passalacqua Firm			\$250
Jones & Etheredge			\$250
Gallo of Sonoma			\$250

We gratefully thank these individual and business partners.

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## Entry Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender M F  
 Address \_\_\_\_\_ Race Division: \_\_\_\_\_  
 City, St., ZIP \_\_\_\_\_ 10 K \_\_\_\_\_ 3K Walk/Fun Run \_\_\_\_\_  
 Phone/s \_\_\_\_\_ email \_\_\_\_\_  
 SHIRT SIZE: M L XL

WAIVER: I know that walking and running road races is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by the decision of any race official relative to my ability to safely complete the race. I assume all risks associated with competing or participating in this walking or running event. These hazards include, but are not limited to: falls, contact with other runners or walkers, effects of weather, traffic, hazards and conditions of the courses, all such risks being known and appreciated by me. Having read this waiver, knowing these facts, and in consideration for acceptance of my entry, Healdsburg Kiwanis and the City of Healdsburg and all other parties, including sponsors and event personnel associated with this event shall be held harmless from any and all claims of any kind arising out of my participation in this event. I also grant full permission for organizers to use my name and photograph.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**(ALL ENTRANTS MUST SIGN WAIVER (If participant is under 18, parent or guardian must sign.))**

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