

4th Annual 5k Resurrection Run & Walk

Saturday, April 11, 2009 at Glen Hall Park

5415 Sandburg Drive, River Park Neighborhood Sacramento, CA 95819



Koinonia Sports and Fitness Association and Capitol Foursquare Church invite you to come and celebrate the Resurrection of Jesus Christ with us. The proceeds of this race benefit an orphanage and school for local children in Mbale, Uganda who have lost parents to AIDS. For more information, please go to our website: <http://www.kfitness.org>

5k Course: Fast, flat and winds through the beautiful River Park Neighborhood. USATF sanctioned and certified.
Start and Finish: Glen Hall Park near Sacramento State University (see reverse for map and directions).



Schedule of Events: Racing Rain or Shine !

7:30 a.m. Race Day Registration / Packet Pick-up
8:30 a.m. Free ½ Mile Kids Run
9:00 a.m. 5K Run & Walk
10:00 a.m. Awards, Raffle and Kids' Easter egg hunt

5k Awards: Trophies for the top Male and Female finisher. Custom Medals to the top 3 Finishers, male and female in age divisions: under 12; 12-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80-89, 90 +

Registration Fees:

\$ 20 Postmarked on or before March 27, 2009
\$ 25 Postmarked March 28 – April 1st, and Race Day
Free.....Kids ½ Mile run (no t-shirt)
(Please do not mail after April 1st).

All Paid Entries include: Post race refreshments & Entertainment, Cotton T-shirt, goody bag and raffle entry

Virtual Runner....Can't make the race but would like to donate? Please consider a donation as a virtual runner!

Safety: Strollers OK. Please no pets, bikes, headsets or skates.

Special Trophy to Largest Team! The Biggest Heart Award!

Team captains, please bring list of team members to race for verification. Team Members, write team name on registration forms.

In Person Registration/Package Pickup: Raceday at Glen Hall Park OR

Friday April 10th, 5-7 pm at: Capitol Foursquare Church, 2418 O St. Sacramento 95816.

For More Information, please contact Race Director: 916-457-4726

Directions: Glen Hall Park is located at 5415 Sandburg Drive, Sacramento, CA 95819, which is at the intersection of Carlson and Sandburg Drive. From Hwy 50: Take Howe Ave. North, turn left on Fair Oaks Blvd, after bridge, stay to the right and continue on H St. Drive past the Scottish Rite Temple to the stoplight. Turn right onto Carlson Drive. Follow Carlson Drive to the end of the road where Glen Hall Park is located. J St also intersects with Carlson Dr. directly in front of Sacramento State University. Follow Carlson past H St to Glen Hall Park. See map on website: www.kfitness.org

Race Sponsors Include: SKINovative Laser Center, Folsom; West Coast Store Fixtures; Stellarocco Designs, Sacramento; Modern Cuts, Jackson; River and Rock Adventures, Coloma; Coca Cola Company, Sacramento; Human Resource Compensation and Management Inc. (HRC&M, Inc.), Sacramento; Earthguard Pest Services, Sacramento.

4th Annual Resurrection Run a 5k Run/Walk Registration

Name: _____ Gender: M F Address: _____ City: _____

State: _____ Zip: _____ Phone: (____) _____ - _____ E-mail: _____

Age on Race day: _____ Shirt Size: S M L XL (circle)

Team Name (if any) _____. Team Captain _____

Virtual Runner: If you can't attend the race but would like to donate, please check here _____ Thank You!

Registration Postmarked by March 27: \$20____ Postmarked March 28 through April 1, 2009 and Race day: \$25 ____

Please Make Checks Payable to: Koinonia Sports and Fitness Association

Mail to: Koinonia Sports and Fitness Association, PO Box 19523, Sacramento, CA. 95819 **Please do not mail after April 1, 2009**

Waiver: In consideration of accepting this entry of the activities of the Resurrection Run, April 11, 2009, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may accrue against Koinonia Sports and Fitness Association, the Capitol Foursquare Church, the City of Sacramento, their representatives, their employees, all sponsors and volunteers for any and all injuries that may be suffered by me at or en-route to or from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed MD during the last six months. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring from my participation. As part of the waiver, I acknowledge that I have read and understand all of the above.

Signature (parent or guardian if under 18) _____ Date _____ All entrants must sign and date waiver.