

# 5th Annual 5k Resurrection Run & Walk

## Saturday, April 3, 2010 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 website for map).



### 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 19, 2010  
\$ 25 March 20 through Race Day  
Free.....Kids ½ Mile run (no t-shirt)  
**(Please do not mail after March 29<sup>th</sup>).**

**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:** Friday April 2<sup>nd</sup>, 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. For map see: [www.kfitness.org](http://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.

### 5th 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 19: \$20\_\_\_\_ Registration fee March 20, through Raceday April 3, 2010: \$25 \_\_\_\_

Please Make Checks Payable to: Koinonia Sports and Fitness Association

**Please do not mail after March 29, 2010**

**Mail to:** Koinonia Sports and Fitness Association, PO Box 19523, Sacramento, CA. 95819

Waiver: In consideration of accepting this entry of the activities of the Resurrection Run, April 3, 2010, 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. **All entrants must sign and date waiver.**

Signature (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_