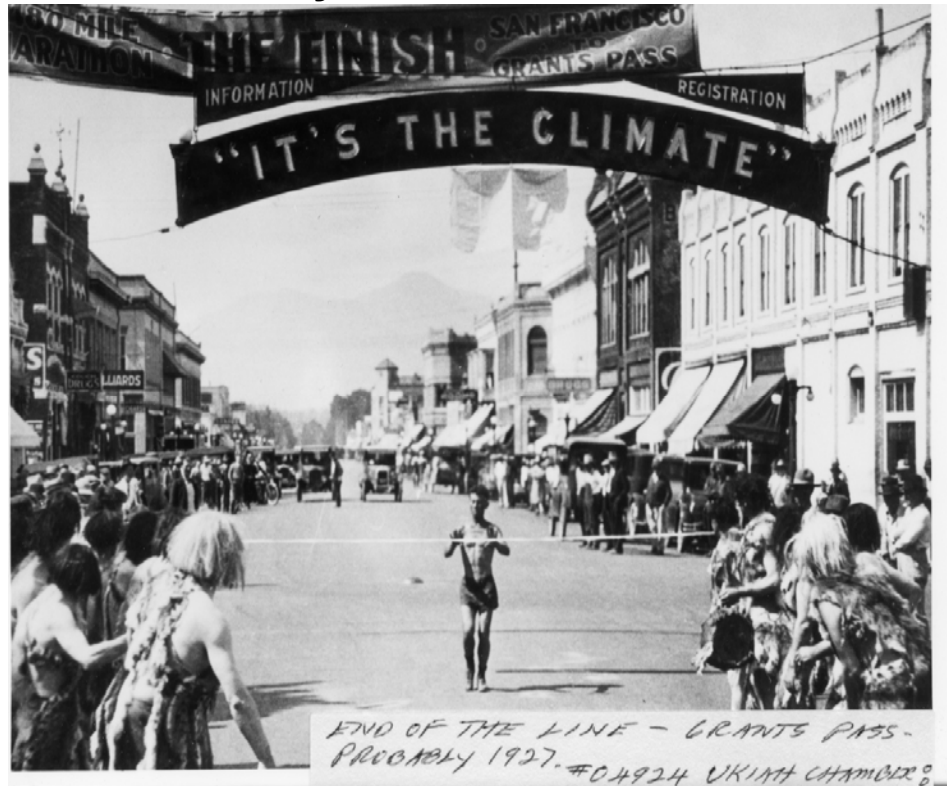


**The 7th Annual LEGENDS OF THE REDWOODS  
NATIVE AMERICAN COMMEMORATIVE RUN &  
WALK July 17th at 8:30am in Ukiah**



Presented by the North Coast Striders [www.striders.org](http://www.striders.org)

This event is in celebration of the Native American Races from San Francisco to Grants Pass, Oregon in 1927,1928.

For more information call Mark Beaman 707-272-9246

For online registration go to [www.active.com](http://www.active.com) and search for "running" on July 17th. Directions available

**Time: PLEASE ARRIVE BEFORE 8AM!**

**Schedule: 7:00a.m. to 8:00a.m. Registration**

**Location:** Sun House Park @ Grace Hudson 431 S. Main in Ukiah 7:30a.m. to 8:10a.m. Buses to 5 and 10km start

**Distances:** 5km and 10km on flat paved roads.

8:30a.m. Start of 5km run, walk, 10km run

**Registration:** Pre-registration deadline: July 15<sup>th</sup>, 2009

10:15a.m. Awards presented

**Entry fee with t-shirt \$22 for adults, \$20 for NCS members, \$5 for 16 & under (without shirt) Extra shirt=\$12**

Race day registration: 7am - 8am at Grace Hudson Museum.

**MTA buses will transport you to the 5km and 10km starts (Be sure to say "thanks" to your driver!)**

**Awards:** Overall male/female 1st, 2nd, 3rd for all 3 events and 1st, 2nd, 3rd all age divisions, all events.

**Age divisions:** 19 & Under, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70+

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Mail entry and check payable to: **North Coast Striders, Legends Run**, P.O. Box 1556, Ukiah, CA 95482.

**PLEASE PRINT CLEARLY ...**

Name Last: \_\_\_\_\_ First: \_\_\_\_\_

NCS Member? Yes No Would you like membership info. sent to you? Yes No

Age on race day: \_\_\_DOB \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_ Sex: Female Male

T-shirt size L \_\_\_ M \_\_\_ S \_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Race: \_\_\_ 10km Run \_\_\_ 5km Run \_\_\_ 5km Walk

Waiver: I know that running a road race is potentially a hazardous activity. I should not enter and run or walk unless I am healthy and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, and traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself, my heirs and anyone entitled to act on my behalf, waive and release forever the North Coast Striders, the County of Mendocino, the City, and all volunteers, sponsors, their employees, representatives and successors from all claims and liabilities arising out of my participation in this event. It is also understood that due to insurance exclusion, skates, skateboards, radio headsets and portable sound systems are not allowed on the course during the race.

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

All participants must sign; parent/guardian sign must sign for participant under 18)