

**30th
Annual**



**10 M
5 K**

**Willits
Classic**

North Coast Striders

Location: Willits Recreation Grove (1/2 mile East on Commercial)
Date/Time: February 14, 2010 10:00 a.m.
Events: 5K run, 5K walk, 10 mile run (1/2 hour early start option for 10m)
Entry Fee: \$20 for mail in registration post marked by Feb 10th. Includes logo hat or shopping bag. Children 16 and under, \$10, (no gear.)
\$2.00 discount for North Coast Strider membership.
Race Day Registration \$22 at 9:00 a.m. at Recreation Grove.
Awards: Overall male/female for all 3 events will receive prizes.
1st, 2nd, 3rd in all age divisions will receive recognition.
Age divisions: 15 and under, 16-19, 20-29, 30-39, 40-49. 50-59, 60 +

Contact: Mark Beaman at 272-9246 with questions.

PLEASE NOTE RACE DAY REGISTRATION IS \$2 MORE!

Mail payment and entry form to: North Coast Striders, Willits Classic,
P.O. Box 1556, Ukiah, CA 95482. Checks payable to: North Coast Striders

PLEASE PRINT CLEARLY ...

Name Last: _____ First: _____

Sex: F M NCS Member? Yes No Would you like membership info. sent to you? Yes No
Age on race day: _____ DOB _____-_____-_____

Address: _____ City: _____ Zip: _____

Telephone: _____ E-mail: _____

Race: 10 Mile Run 5 km Run 5 km 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)