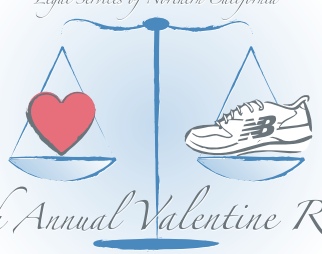
FEB. 14, 2009
FOURTH POWER FITNESS
(behind Country Club Plaza)

Presented by
Legal Services of Northern California



6th Annual Valentine Run
Race for Justice

RACE ♥ LINE
(916) 551-2164
WWW.LSNC.INFO

ENTRY FORM

To enter the Valentine Run, complete the entry form below and pay correct entry fee.

7 - 8:30 a.m.	Race Day Registration	
8:40 a.m.	Kids ¼ mile Fun Run (0-5 yrs)	$16 early or $20 (Feb. 8 - 14)
8:45 a.m.	Kids ½ mile Fun Run (6-9 yrs)	$16 early or $20 (Feb. 8 - 14)
8:50 a.m.	Kids ½ mile Fun Run (10-12 yrs)	$16 early or $20 (Feb. 8 - 14)
9 a.m.	1.8 and 4-mile events	$25 per person early or $30 (Feb. 8 - 14)

REGISTER: No timed team registration on race day. Please make checks payable to LSNC and mail with entry forms to, LSNC Valentine Run, 517 12th St., Sacramento, CA 95814 **postmarked** no later than Feb. 7, 2009. **Online registration closes** midnight on Feb. 11, 2009 (www.LSNC.info). You can also register at Fleet Feet (2311 J Street) on Feb. 13, 2009 from 10 a.m. to 7 p.m. **or at the Registration tent on Race Day from 7 to 8:30 a.m.**

PACKET PICK UP: Packet pick up is at Fleet Feet (2311 J Street) from 10 a.m. to 7 p.m. on Feb. 13, 2009. You can also arrive early on race day and pick up your race number and T-shirt.

SELECT YOUR COURSE:
☐ 4 Mile Timed ☐ 1.8 Mile Untimed ☐ 4 Mile Untimed ☐ ¼ or ½ Mile Kids ☐ Virtual Runner

WAYS TO RUN: ☐ Individual ☐ Competitive Team of Two: ☐ All female ☐ All male ☐ Coed
(Competitive teams are also scored as individuals for award purposes)
Place team entry forms and fees in the same envelope: Team Name _____

☐ Fundraising Team (unlimited size, minimum of two), Team Name _____
Be sure to put your team name down if you are competing for the grand prize.

Office Use Only (bib #)

Are you raising pledges? ☐ Yes ☐ No ☐ Matching fees enclosed $_____
All race categories can raise pledges ☐ Please accept my additional donation of $ _____

Office Use Only:
☐ Other _____

Last name _____ First name _____
Firm/Company Name _____
Address _____ City _____
State _____ Zip _____ Phone _____ E-mail: _____

Sex: ☐ Male ☐ Female Age on Race Day _____ Adult T-Shirt: S M L XL XXL Youth: XS S M

☐ I will need child care on race day: _____ ages _____ # children

Child care is outdoors, 8 to 10:30 a.m., and our student volunteers will be supervised by adults. Parents will need to sign a medical release on race day. No crawlers or diapers. $5 each, **pay on race day**.

Waiver: In consideration of your accepting this entry I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or en route to or from the event. I attest that I am physically fit and sufficiently trained for this competition. This also releases photos and videos taken on race day for future Legal Services of Northern California promotions. I am responsible for the pets or spectators I bring to the event. As part of the waiver, I acknowledge that I have read and understand all of the above.

Signature _____ Date _____
(If under 18, parent or guardian must sign)

☐ MC ☐ Visa ☐ AmEX CC# _____ Exp date _____ Total $_____

Name (as it appears on card) _____ Signature: _____