

Fleet Feet Sports

Fair Oaks • Roseville

30TH ANNUAL FAIR OAKS SUN RUN



FLEET FEET
Sports



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30TH ANNUAL *Fleet Feet Sports Fair Oaks • Roseville* **FAIR OAKS SUN RUN**

P.O. Box 19027
Sacramento, CA 95819



Benefiting Fair Oaks Chamber of Commerce

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FLEET FEET
Sports

SUNDAY, MAY 2, 2010

8:35 A.M. START

5-Mile Run/Walk

2.3-Mile Walk

Kids' ¼-Mile and ½-Mile Runs*

*Kids' Run begins at 8:05 a.m.

Another Quality Event from



Sacramento's Premier Race Management & Timing Company

WHAT

5-Mile Run/Walk, 2.3 Mile Non-Competitive Walk and ¼-Mile and ½-Mile Kids' Fun Runs. This event benefits the Fair Oaks Chamber of Commerce.

WHEN

Sunday, May 2, 2010. Rain or Shine!

TIME

Race Day Registration: 7 a.m. – 8:30 a.m.
 Kids' ¼-Mile (ages 5 & under): 8:05 a.m.; Kids' ½-Mile (ages 6-9): 8:15 a.m.; (ages 10-12): 8:25 a.m.
 5-Mile Run/Walk and 2.3 Mile Walk: 8:35 a.m.

WHERE

Fair Oaks Community Clubhouse in the Old Fair Oaks Village, 7997 California Ave. (Fair Oaks is 20 minutes N/E of Sacramento.)

COURSE

The most scenic and challenging 5-mile race you will run/walk all year. Starting and finishing at Village Park in Old Fair Oaks, the route winds through the beautiful Old Fair Oaks residential neighborhood with a keyhole loop to Sailor Bar. The course is half paved roads, half dirt trail and features the infamous four hills: Grand Daddy Hill, Hernia Hill, The Beast and Last Gasp. We will have two water stations on the 5-mile course and one on the 2.3 mile course.

The 2.3 mile Non-Competitive Walk and Kids' Fun Runs stay on paved streets.

FEATURES

30th anniversary microfiber t-shirt (guaranteed to the first 800 entrants in the 5 and 2.3 mile events), refreshments, music, awards, random prizes, kids' entertainment, festival and ChampionChip timing.

BUZZ OATES RUNSAC RACE SERIES

We are proud to be one of the fourteen races in the Buzz Oates RunSac Race Series: the exciting, age-graded grand prix competition in the Greater Sacramento area.

AGE DIVISIONS

12 & under, 13-15, 16-18, 19-24, 5 yr. increments to 80+

AWARDS

Awards ceremony to follow event at 10 a.m. Prizes for overall winners and top three finishers in each age division in the 5-mile race. All kids in the Kids' Fun Runs receive medals. First place kids receive plaques.

ONLINE REGISTRATION & RESULTS

fairoaksfiestaron.com or capitalroadrace.com

ENTRY FEES

\$30 postmarked through April 24, 2010; \$35 after April 24, 2010 and on race day. (\$16 for 15 & under and all Kids' Fun Run participants). Due to the nature of the course, the race is limited to the first 1,000 registered participants. We strongly encourage pre-registration to avoid lines on race day and to ensure correct T-shirt size. Online registration ends on April 27, 2010, however, price increases April 24, 2010.

PACKET PICK-UP

You may pick up your race packet and register late on Sat., May 2 from 1pm – 5pm at Fleet Feet Sports Fair Oaks (our title sponsor), 8128 Madison Ave., Fair Oaks, CA 95628 (Southeast corner of Madison Ave. and Fair Oaks Blvd.)



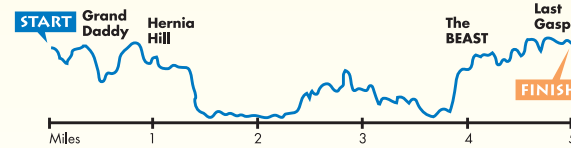
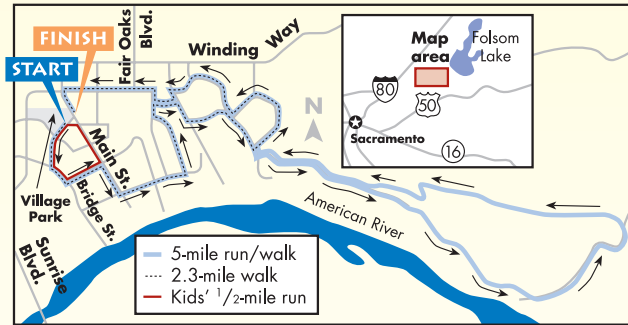
Race Director

DISCLAIMER

No chickens have been injured as a result of this event – as far as we know – with the exception of the Race Director who insists on wearing his chicken outfit and then taking a face plant while attempting to run with the kids!

RACE HOTLINE

(916) 492-8966



DIRECTIONS

From I-80: Take Madison Ave. eastbound to Sunrise Blvd. Right on Sunrise Blvd. southbound to Winding Way.

From Hwy. 50: Take Sunrise Blvd. northbound to Winding Way

Race parking: Scandanavian Designs parking lot, corner of Sunrise Blvd. and Winding Way.

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FAIR OAKS SUN RUN

Registration: \$30 (\$16 for kids 15 & under and all Kids' Fun Run participants) payable to CRRM; postmarked by April 24, 2010. Complete form, sign waiver, enclose check and mail to: **CRRM, P.O. Box 19027, Sacramento, CA 95819**



OFFICIAL USE ONLY

Circle one	On race day	Please indicate race (check one)			
SEX	AGE	<input type="checkbox"/> 5-mile run/walk	<input type="checkbox"/> Kids' ½-mile	<input type="checkbox"/> Kids' ¼-mile	
M <input type="checkbox"/> F <input type="checkbox"/>					
LAST NAME	FIRST				
ADDRESS					
CITY	STATE	ZIP			
T-SHIRT	PHONE				
S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>					
E-MAIL					

(Important for race updates)

Waiver & Signature: In consideration of your accepting my 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 for damages I may accrue against the persons and organizations affiliated with the race including but not limited to Capital Road Race Management, Fair Oaks Park & Recreation District, County of Sacramento, Fleet Feet Sports Fair Oaks/Roseville, all sponsors, volunteers, staff, subcontractors, agents, attorneys, and representatives for any and all injuries that I may suffer while participating in the event or en route to and from the event. I consent to the use of my image in photos, videos and audio recording and film, of my participation in the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver, I acknowledge that I have read and understand all of the above.

Signature _____

Date _____

All entrants must sign waiver. (If under age 18, parent or legal guardian must sign waiver) Attendance at event is consent to be photographed.