The Lake Norconian Club Foundation
and
The Norco Kiwanis Club
present the

Third Annual
Lake Norconian 5K Run/Walk

Saturday, Oct. 29, 2011

Check-in: 6:45 - 7:45 AM

Event starting time: 8:00 AM

Registration fees:

Early Registration:	$20.00	*Postmark of mailed registration form will be used to determine early registration.*
After October 14:	$25.00	
Day of event:	$25.00	

See our website for information about the group discount!

Lake Norconian is located on an active military base.

Photo ID required at check-in.

Event begins and ends on the **Norco College** campus
2001 3rd St., Norco, CA 92860

Contact e-mail:
Liz@NorcoKiwanis.org

The event will take place rain or shine!

For more information, go to

www.NorcoKiwanis.org

This is a 100 Mile Club® Sanctioned Event.

100 MILE CLUB

2011 Lake Norconian 5K Run/Walk Entry Form

FIRST NAME LAST NAME

AGE SEX DATE OF BIRTH MOST CONVENIENT PHONE NUMBER

STREET ADDRESS

CITY STATE ZIP CODE

EMAIL ADDRESS_____

Send entry to: Norco Kiwanis Club
3477 Morgan Dr.
Norco, CA 92860

Make check payable to: Norco Kiwanis Club

Amount enclosed: $_____

Complimentary Event T-Shirts:
Adult sizes:
S___ M___ L___ XL___ 2XL___

Youth sizes: MY___ LY ___

T-shirts guaranteed available if registered by October 14.

WAIVER AND RELEASE FROM LIABILITY **(All participants must sign)**:

In consideration of this entry, I, for myself, my heirs, executors, administrators, and assignees, hereby waive any and all rights and claims for damages against the Norco Kiwanis Club, Kiwanis International, the Lake Norconian Club Foundation, Norco College, Riverside Community College District, the United States Navy and it affiliates, Prime Time, all sponsors, and any individual associated with this event, for any and all injuries sustained by me during this event, including before and after the run/walk. I also understand that none of the above parties are responsible for the loss or damage of personal items or any other aggravation in connection with this event. I acknowledge that I am aware of the inherent risks in participating in an athletic event of this type. I attest and verify that I am physically fit and have trained sufficiently for the competition of this event. Furthermore, I grant full permission to any and all of the foregoing to use my name, my voice, or my picture in any broadcast, telecast, advertising, promotion or other accounts of this event for any purpose whatsoever. **I understand that this entry fee is non-refundable and non-transferable.**

X_____ _____
Signature (If under 18 years old, parent/guardian signature is required) Date