

The Ascension Historical Society

Presents

10K Run, 5K Run, & 5K Walk

10K – 8:50 AM

5Ks – 9 AM



LAKE MERRITT
Lakeside Park Bandstand
666 Bellevue Avenue
Oakland, CA

Saturday, August 29th, 2015

Course Description: Scenic, flat course around the beautiful Lake Merritt; along foot paths and sidewalks, half dirt and half asphalt/concrete. True 5K & 10K course, measured to USATF standards.

Age Divisions: 11 and under, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over

Awards: Crowning wreaths to overall first place male and female winners, medals three deep for males and females in each event and age division.

REGISTRATION: Applications received online via All Sport Central or email and in the Church Office (address below) before August 21st are guaranteed a t-shirt. Check-in and race-day registration opens at 7:30 AM. Registration closes 15 minutes before the race begins.

Online registration: www.allsportcentral.com/EventInfo.cfm?EventID=57882

Contact: giulianaharris@gmail.com / 510.531.3400

Circle & Complete

Sex: F M Age: _____

Event: 5K Walk 5K Run 10K Run

T-Shirt: Child Adult

S M L XL

XXL XXXL



Registration \$30 (\$35 day of race) (Adults: 20+)

Youth Reg \$20 (12-19) or \$5 (11 and under)

Add'l Donation _____

Total Check Enclosed: _____

Make Checks Payable to Ascension Historical Society

4700 Lincoln Ave, Oakland, CA 94602

ONE FORM PER RUNNER PLEASE

First and Last Name: _____

Address, City, State, Zip: _____

Email: _____ Phone: _____

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby, for myself and my heirs, executors and 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, be they during or en route to or from the event or as a result of the event. I attest that I am physically fit and sufficiently trained for this competition. I hereby authorize the Ascension Historical Society to make a copy or digital image from my photograph for use on any website or in print form. I understand that once my photograph is taken by the Ascension Historical Society, the image becomes a public record and its use is governed by the legal requirements that are applicable to public records. I understand that I waive all title and rights so far as I possess them to the image and to any future images produced from it. I understand that my participation is voluntary and I will not seek compensation for the Society's use of my image. If any provision of this Liability Waiver shall be deemed unlawful, void, or for any reason unenforceable, then that provision shall be severable from this Liability Waiver and shall not affect the validity and enforceability of any remaining provisions.

Signature (Parent/Guardian if under 18)

Date