

Kiwanis Club of the Delta-Antioch, Past Superintendent of Public Instruction Tom  
Torlakson, East Bay Regional Parks District  
& The City of Antioch Present

## The 43rd Annual

# Holiday Fun Run & Walk for Health & Health Fair!

**More Than Forty Years of Running and Walking Health!**

**Saturday, December 14, 2019 - Registration 7:30 AM - Contra Loma Regional Park, Antioch**

For more information and to register online go to <http://www.holidayrunandwalk.org/>

### Official Entry Form

(Families: Please photocopy and provide an entry form for EACH family member and enclose in same envelope)

Mail This Entry to: 43rd Holiday Run and Walk for Health / Kiwanis Delta-Antioch, 3377 Deer Valley Road #239, Antioch, CA 94531

Name \_\_\_\_\_ Gender \_\_\_\_\_ Race Day Age \_\_\_\_\_  
 Address \_\_\_\_\_ EVENT: (Please check)  
 City/State/Zip \_\_\_\_\_ 1-Mile Run/Walk \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_ Birth Date \_\_\_\_\_ 3-Mile Run/Walk \_\_\_\_\_  
 Email \_\_\_\_\_ 10K Run \_\_\_\_\_  
 T-Shirt Size: Please circle: YS, YM, YL, YXL, Adult S, Adult M, Adult L, Adult XL, 2XL Kids Dashes \_\_\_\_\_  
 Participating for:  
 Library \_\_\_\_\_ School Holy Rosary Police/Fire \_\_\_\_\_  
 Library Name School Name City/Division Name

**NOTE: All race changes must be made by 12/1/19 for pre-registrations.**

**For changes to your entry, please e-mail Aaron Ford at [aaron@fordtiming.com](mailto:aaron@fordtiming.com) - NO CHANGES WILL BE MADE ON RACE DAY!**

**\*No refunds, including race-day cancellations due to dangerous weather or racecourse conditions\***

In signing below, I verify that in consideration of accepting this entry, I intend to be legally bound hereby for myself, my heirs, executors & administrators, waive and release any & all rights I may have against the Kiwanis Club of the Delta-Antioch, Past Superintendent of Public Instruction Tom Torlakson, Contra Costa Water District, East Bay Regional Park District, the City of Antioch, Antioch Unified School District and all other associated sponsors, promoters and agents for any & all injuries suffered by me in conjunction with and/or arising in and out of my traveling to, participation in, and returning from the Holiday Run & Walk for Health & Health Fair.

Entrant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent's or Legal Guardian's Signature if participant is under 18 years of age.)

Enclosed is my check or money order in the amount of \$ \_\_\_\_\_, payable to **Kiwanis Delta-Antioch Holiday Run.**

**Ribbons awarded to all participants. Medals awarded to 1st - 5th Place Winners in Male and Female Categories. All Kid Dash participants receive ribbons! Trophies awarded to 1st Place Male and Female Winners in all races.**

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FEES: Early Registration\*\* Late Registration\*\*\*

	Before 12/1	After 12/1
(+) 5 and under	FREE (T-shirt - \$8)	FREE (T-shirt - \$8)
6 - 15 years	\$20	\$25
16 -60	\$25	\$30
Seniors (60 & Up)	\$20	\$25
Families*	\$55	\$65

(\*Families are up to 4 members, \$10 for each additional member. \$5 extra charge for running in 2 races.)

+ **Early Registration/free T-Shirt does not apply**

\*\* **Early Registration (Before 12/1) includes a commemorative T-shirt.**

\*\*\* **Late Registration and Same-Day Registration do NOT include a commemorative T-shirt!**

**1 Mile Run/Walk 9 a.m.**  
 6 & Under, 7-9, 10-12. All ages are welcome. For those over the age of 12, entry is for fitness and fun.  
 Ribbons will be awarded to all participants.  
**3 Mile Run/Walk 9:35 a.m.**  
 10 & Under, 11-14, 15-19, 20-29,  
 30-39, 40-49, 50-59, 60-69, 70+  
**10K Run 9:30 a.m.**  
 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
**Kids Dashes with Santa 10:15 a.m.**  
 3 & Under (20 yards); 4-5 (40 yards); 6-7 (60 yards)