

# HEALDSBURG KIWANIS FITCH MOUNTAIN FOOTRACE



Sunday June 8, 2014 at 8 am

**Pre-registration Information**  
(By June 4, 2014)

Adults (13-59) \$25  
Children (12 & under) \$20  
Seniors (60+) \$20  
Children under 12 are free  
with participating parent.

**Race day registration**  
(After June 4, 2014)

Adults (13-59) \$30  
Children (12 & under) \$25  
Seniors (60+) \$25  
Children under 12 are free  
with participating parent.

**All registered runners receive a commemorative T-Shirt.**



The run takes place in the Heart of Sonoma County's Wine Country in Healdsburg.

Both courses start and end at the Historic Downtown Plaza.

Come and enjoy a day in the Wine Country with great restaurants, world class wineries, and the beautiful Russian River. The course meanders through quaint neighborhoods and out around Fitch Mountain bordering the Russian River.

**All registration forms and fees  
should be mailed to:**

Healdsburg Kiwanis Memorial Scholarship Fund  
c/o Brian Wells  
PO Box 1156  
Healdsburg, CA 95448

**Online Registration**

[www.THESCHEDULE.com](http://www.THESCHEDULE.com)  
Key word is Healdsburg

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## Race Divisions

Below is a listing of age divisions for both the 10K and 3K runs. Age divisions for each distance are the same for male and female divisions.

### 10 K

A	12 & Under	H	50-54
B	13-18	I	55-59
C	19-29	J	60-64
D	30-34	K	65-69
E	35-39	L	70-74
F	40-44	M	75-79
G	45-49	N	80 & Over

### 3 K

A	12 & Under	H	50-54
B	13-18	I	55-59
C	19-29	J	60-64
D	30-34	K	65-69
E	35-39	L	70-74
F	40-44	M	75-79
G	45-49	N	80 & Over

- Combined 10K run and 3K run and or walk courses
- Measured TAC standards
- Pre-registration deadline is June 4, 2014
- Pre-registered entrants will receive T-shirt and race number on race day at the "Pre-registered Table."
- Please plan on arriving at the event no later than 7:15 am.
- First place winners in each category will receive medallions.

HEALDSBURG KIWANIS  
FITCH MOUNTAIN  
FOOTRACE



Sunday, June 8th  
2014 at 8 am

# Entry Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender M F  
 Address \_\_\_\_\_ Race Divisions:  
 City, St., ZIP \_\_\_\_\_ 10 K \_\_\_\_\_  
 Phone/s \_\_\_\_\_ 3 K \_\_\_\_\_  
 email \_\_\_\_\_ 3 K Walk/Fun Run \_\_\_\_\_

SHIRT SIZE: S M L XL

WAIVER: In consideration of the acceptance of my entry, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have or may have against the organizers of this event, its principals, its employees, all sponsors and their representatives and any and all claims of damages demands, actions whatsoever in any manner, as a result of my participation in the Fitch Mt. Footrace event, including travel to and from this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and I have not been advised otherwise by a qualified medical person. Further, I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video or print media of the event without compensation to me.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 (ALL ENTRANTS MUST SIGN WAIVER (If participant is under 18, parent or guardian must sign.))

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[www.healdsburgkiwanis.org](http://www.healdsburgkiwanis.org)

