

GOLDEN VALLEY HARRIERS

LABOR DAY RACES

1K • 5K • 10K



Race Date

Monday, September 7, 2009

Race Times

10 K Run—8 a.m. start
5 K Run / Walk—8 a.m. start
1 K Kids Fun Run 9:30 a.m. start

Races start and finish location

At the Davis Commons on the corner of First and D streets in Downtown Davis. The course follows the paved bike paths through south Davis.

Race information to include course maps will be updated online at www.goldenvalleyharriers.org

Directions

Take the Richards Blvd North exit off of I-80, enter downtown Davis through the railroad underpass, and you are there.

Parking

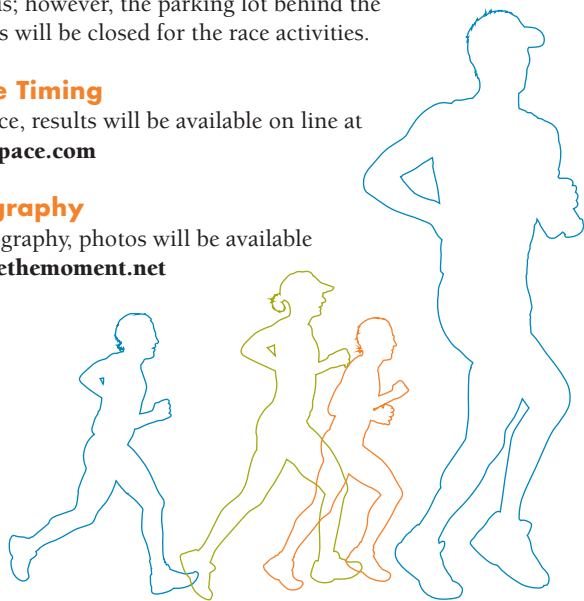
Ample parking is available on the streets and garages of downtown Davis; however, the parking lot behind the Davis Commons will be closed for the race activities.

Official Race Timing

A Change of Pace, results will be available on line at www.changeofpace.com

Race Photography

Facchino Photography, photos will be available at www.capturethemoment.net



Registration

- **Online:** www.active.com until noon, Friday, September 4, 2009
- **Mail:** mail registration form to the address on the form. Entry must be postmarked by August 28, 2009
- **Race Weekend:** at the Davis Commons, First and D streets. Packet Pick-up is also available at these times.
 - Sep. 5-6 (Sat & Sun) 11 a.m. to 5 p.m.
 - Sep. 7 (Race Day) 6:30 a.m. to 7:30 a.m.

Registration fees

10K run or 5K run walk
\$20 by mail postmarked by August 28
\$20 on-line by noon September 4
\$25 September 5-6
\$28 Race Day Sep 7

Kids 1K fun run (ages 12 and under),
no official timing or placing, \$15 pre-reg or race day

Registration Reminder:

- Race number and shirt are not mailed
- Entry is not confirmed by mail or phone
- Race is held rain or shine
- There is no entry refund

Post Race Awards and Activities

At the Davis Commons Shopping Center home of Borders, Papyrus, Habit Grill, Ben and Jerry's, Jamba Juice, Mikuni's Sushi, Pluto's, Gap, Bath and Body Works.

About the beneficiaries

Last year, over \$10,000 was raised and given to local running programs. This years beneficiaries include:

- Davis High School Cross Country
- Woodland High School Cross Country
- Winters High School Track and Field
- Dixon High School Cross Country
- Marguerite Montgomery Elementary Running Club
- Western States 100 mile Endurance Run
- Team Davis for athletes with special needs

WAIVER In consideration of acceptance of my entry, I, intending to be legally bound for myself, my heirs, executors, administrators, successors, and assigns, hereby waive, and release any and all rights, claims and causes of action that I may have against the persons, sponsors and organizations affiliated with this event, including but not limited to: Davis Commons, A Change of Pace, Golden Valley Harriers, and the City of Davis. I hereby represent that I am physically fit and trained sufficiently for this event. I attest and verify that I have full knowledge of the risks involved in a race, and that I assume all expenses in the event of an accident, illness or other incapacity. All awards are subject to availability. No other incopacity. Event occurs rain or shine. All entrants must sign and date waiver. Parent/guardian must sign if athlete is under 18 years of age.

Signature (Parent/Guardian Signature if under 18) **Date**
The Golden Valley Harriers, GVH, is a non-profit organization dedicated to promoting running in the community. GVH is open to runners of all paces and ages. Cross country and road race teams compete around California. GVH donates proceeds from the race to local high school cross country teams. Visit online: goldenvalleyharriers.org. GVH is a member of the Road Runners Club of America (www.rcca.org).

10K RUN OR 5K RUN/WALK
\$20 by mail postmarked by August 28

\$20 on-line by noon September 4

\$25 September 5-6

\$28 Race Day September 7

1K KIDS RACE
\$15 pre-reg or race day

TOTAL ENCLOSED \$

Which running program would you like your entry fee to support? (select one)

- Davis High School
- Woodland High School
- Pioneer High School
- Fairfield High School
- Marguerite Montgomery
- Team Davis
- Winters High School
- Dixon High School

Make checks payable to "GVH" and mail entry to:

GVH Labor Day Race
c/o A Change of Pace
1260 Lake Blvd., #245
Davis, CA 95616

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

Email Address _____

Date of Birth (mm/dd/yy) _____

Age on Race Day _____

Gender: Male Female

T-Shirt Size: **Cotton Tee**

- Youth XS
- Youth Small
- Youth Medium
- Adult Small
- Adult Medium
- Adult Large
- Adult XL

Women's Cut

- Small
- Medium
- Large