

# 10<sup>th</sup> Annual Moms On The Run 5K & 10K

**Moms on the Run** is a non-profit organization that was formed in 2000 to raise money to assist local women with breast cancer. Funds raised will be donated to specific needs of women suffering from breast cancer in Northern Nevada.

When: Sunday, May 9, 2010  
Where: Reno High School, Foster Field  
Registration: Mail in registration must be postmarked by May 4, 2010. **Do not mail after May 4, 2010.**  
In person registration will be available at packet pickup at Reno High School.  
Packet Pickup: Saturday, May 8<sup>th</sup> from 9:00 a.m. to 5:00 p.m. & Sunday, May 9<sup>th</sup> from 7:00 a.m. – 8:30 a.m. at Reno High School, Foster Field  
Cost: For everybody age 10 and over \$35 (Silver State Strider members receive \$2 discount).  
After May 4th cost will be \$45. \$10 for children under 10 years.  
Times/Race: **9:00 a.m. –**

- **5K Run** (Runners only)
- **10K Run** (Runners only)
- **3K/5K Walk 'N Talk** (Walkers only. Not a timed event.)

**10:45 a.m. –**

- **Bon Bon Stroll** (Reno High School Track)

**11:15 a.m. –**

- **Kidlet's Race** ( ¼ mile run. Not a timed event.)

Awards: 5K & 10K Run - 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> overall men & women.  
5K & 10K Run Men & Women Age Group Winners -

- 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & up

Kidlet's Run – Ribbons for all entrants.  
Shirts: T-shirts guaranteed to runners pre-registered by May 1, 2010.

Clip and mail by May 4, 2010 to: Moms on the Run, P.O. Box 10994, Reno, NV 89510. Make checks payable to Moms on the Run

**PLEASE PRINT**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ (To receive Moms on the Run related information only)

Telephone: ( \_\_\_\_ ) \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Sex: \_\_\_\_ Male \_\_\_\_ Female

Event: \_\_\_\_ 5K \_\_\_\_ 10K \_\_\_\_ 3K/5K Walk 'N Talk

\_\_\_\_ 1/4 mile Kidlet's Run \_\_\_\_ Bon Bon Stroll (track)

T-shirt Size: \_\_\_\_ Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_ X-Large \_\_\_\_ XX-Large

(Must be signed by participant or by parent or guardian if participant is under age 18): I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby release and hold harmless the Moms on the Run and any affiliated individuals, any Race sponsors and their employees, and all other persons or entities associated with this event from any claims I may have arising out of my participation in this event, including personal injury or damage suffered by me or others, whether same be caused by negligence of the Moms on the Run, its local Affiliates and any affiliated individuals or any Race sponsors, including any of said parties' agents or employees, or otherwise. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to the Moms on the Run local Affiliates and Races and their national sponsors to use any photographs, videotapes, or other recording of me that are made during the course of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant or Parent/Guardian if under 18 (Form must be signed)

Bib #: _____	Paid: Yes _____ No _____	Paid By: Cash _____	Check # _____
<b>Moms on the Run Use Only</b>			