



# 12<sup>th</sup> Annual

## 10K/5K/1 Mile RUN WALK & ROLL

**Saturday, April 28<sup>th</sup>, 2018**

**Iron Horse Trail @ Willows Shopping Center**

**1975 Diamond Blvd. in Concord**

**(start/finish @ Lazy Dog Restaurant)**

**Benefiting Contra Costa Kops for Kids Youth Mentoring Programs,  
Positive Mental Attitude Seminars & Sports Clinic Programs**

**Race Day Schedule: 7:00am–8:00am:** Race Day registration, packet pick-up

**8:00am:** 1 mile Start

**8:30am:** 10K & 5K Run/Walk/Wheelchair Start!

No bikes, scooters, skates or skateboards on course (unless participating with wheelchair/hand cycle)

**1 Mile Entry Fee: \$25.00** if postmarked on/prior to 4/7/18 or **Active.com** by 4/7/18 @ 10pm

**\$30.00** after 4/7/18; **\$35.00** on Race Day; **\$5.00 off entry fee for youth 12 & under**

**5K Entry Fee: \$30.00** if postmarked on/prior to 4/7/18 or **Active.com** by 4/7/18 @ 10pm

**\$35.00** after 4/7/18; **\$40.00** on Race Day; **\$5.00 off entry fee for youth 12 & under**

**10K Entry Fee: \$35.00** if postmarked on/prior to 4/7/18 or **Active.com** by 4/7/18 @ 10pm

**\$40.00** after 4/7/18; **\$45.00** on Race Day; **\$5.00 off entry fee for youth 12 & under**

**\*ADD \$10.00 TO ABOVE ENTRY FEE IF YOU WANT TO DO BOTH THE 1 MILE & THE 5K OR 10K\***

**Event is RAIN OR SHINE – NO REFUNDS-NO CHANGES ON RACE DAY**

Mail in entries must be postmarked by April 19<sup>th</sup> to be accepted. Shirts guaranteed for entries received on or before April 7<sup>th</sup>

**Awards: Top Male & Female finishers in 5K & 10K win a trophy**

1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place male/female age group awarded medals in all races

**For more information & for sponsorship info, email [kasey.cckopsforkids@gmail.com](mailto:kasey.cckopsforkids@gmail.com) or call (925)827-1998**

**Mail entry form & check payable to:** Kops for Kids , 1430 Willow Pass Rd. #130, Concord, CA 94520

Mail in entries must be postmarked by April 19th to be accepted

**Specify Event: 10K ( ) 5K ( ) 1 Mile ( )**

Check 2 boxes if doing the 1 mile & another distance

**Wheelchair/Hand Cycle ( )**

Check box if using for race

Last Name: \_\_\_\_\_ First \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

**Gender: ( ) Male ( ) Female**

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone: \_\_\_\_\_

Email: (for confirmation) \_\_\_\_\_

Law Enforcement/Military Unit (If applicable for Perpetual Trophy): \_\_\_\_\_

**Circle shirt size: Unisex T-shirt Youth: S M L Adult: S M L XL XXL XXXL**

All entrants must sign waiver (parent/guardian if under 18)

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 and all rights I may have against the Contra Costa Kops for Kids, East Bay Regional Park District, Contra Costa County and all other associated sponsors, promoters, and agents for any and all injuries suffered by me in conjunction with/and/or arising in and out of my traveling to, participating in, and returning from the Kops for Kids Walk/Run. I also agree to the release of any event photographs.

X \_\_\_\_\_ Date \_\_\_\_\_