



23rd ANNUAL RUN FOR HEALTH

5K, 10K and One Mile Run & Walkers Welcome for One Mile or 5K
Proceeds to Benefit the Stanislaus Health Foundation

WHEN:

Saturday, April 17, 2010 at
 8:45 am (1mile) & 9:30 am (5K & 10K)

ENTRY FEE:

\$20.00 By Wed., 4/7/10
 \$25.00 Race Day
 \$10.00 Kids 12 & Under

WHERE:

East La Loma Park, Modesto
 (see directions on back)

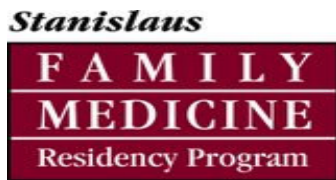
PRIZES:

Awards to top finishers & Post-Race Raffle
 Free T-Shirts while supplies last!

REGISTRATION:

Starts at 7:45 am – 8:30 am

Brought to you by:



Please complete & return below

REGISTRATION FORM

Name:	Age:	<input type="checkbox"/> Male	For Official Use Only
		<input type="checkbox"/> Female	Bib #
Address:	City/Zip:		
Email Address:	Phone #:		

Division: (please select & check appropriate boxes)

1 Mile	<13	13-19	20-29	30-39	40-49	50-59	60+
5K	<13	13-19	20-29	30-39	40-49	50-59	60+
10K	<13	13-19	20-29	30-39	40-49	50-59	60+
Circle Shirt Size:	Small	Medium	Large	XL	XXL	XXXL	Child 10-12

Check Made Payable to: Stanislaus Health Foundation

Mail To: Stanislaus Family Medicine Residency, 830 Scenic Dr., Modesto, CA 95350

For more information contact: Cora Hernandez at (209) 576-3523

Need more registration forms? Go to www.hsafoundation.org or www.shadowchase.org

Release Waiver & Assumption of Risk: I hereby waive any & all rights of claims for damages that may accrue against the Health Services Agency, Stanislaus Health Foundation, Stanislaus Family Medicine Residency, the run organizers, volunteers, sponsors & the City of Modesto/Dept. of Parks & Recreation. I further attest & verify that I am physically fit & trained for this competition.

Signature: _____
 (Parent/Guardian if under 18)

Date: _____

DRIVING DIRECTIONS

**EAST LA LOMA PARK
2001 EDGEBROOK DR.
MODESTO, CA 95354**

FROM CA- 99 NORTH:

**Take CA-99 NORTH
Take the CENTRAL MODESTO exit.
Turn RIGHT/NORTH onto G ST.
Veer LEFT/NORTHWEST onto BURNEY ST.
Veer RIGHT/EAST onto SCENIC DR.
Turn RIGHT/SOUTH onto EL VISTA AVE.
Turn RIGHT/WEST onto EDGEBROOK DR.
Arrive at 2001 EDGEBROOK DR., Modesto, CA.**

FROM CA-99 SOUTH:

**Take CA-99 SOUTH
Take the CENTRAL MODESTO exit.
Turn RIGHT/NORTH onto G ST.
Veer LEFT/NORTHWEST onto BURNEY ST.
Veer RIGHT/EAST onto SCENIC DR.
Turn RIGHT/SOUTH onto EL VISTA AVE.
Turn RIGHT/WEST onto EDGEBROOK DR.
Arrive at 2001 EDGEBROOK DR., Modesto, CA.**

FROM 830 SCENIC DR., MODESTO:

**Go EAST on SCENIC DR. towards OAKDALE RD./EL VISTA AVE.
Turn RIGHT/SOUTH on EL VISTA AVE.
Turn RIGHT/WEST on EDGEBROOK DR.
Arrive at 2001 EDGEBROOK DR., Modesto, CA.**