

\*\*\* SATURDAY, JUNE 3, 2017 \*\*\*

5K/10K Run  
5K Walk  
FREE Kids Run  
Ages 10 & under!



Run/Walk Start Time: 8:30am  
FREE Pancake Breakfast!  
Gold Country Grand Prix  
Series Race #5

*Run for the Community* proceeds help TCC serve community needs such as at risk students, single mom families, the elderly, jail inmates, and our local schools.

**PLACE:** Twin Cities Church, 11726 Rough & Ready Highway, Grass Valley, California

**TIME:** Event day registration opens at 7:00 a.m. Run/Walk start time is 8:30 a.m. Kids run begins at 8:15 a.m.

**ENTRY/SHIRTS:** Run /Walk pre-registration for all ages is **\$25. Registration fee includes a dri-release custom t-shirt if postmarked by May 22.** Race day registration or entries postmarked after May 22 (or online registration after May 23) are still **\$25**, but t-shirts are not guaranteed (extras will be ordered, and will be offered until they are gone).

**COURSE:** 5K/10K Run & 5K Walk begin simultaneously, and start and end at Twin Cities Church. Course will be available on-line prior to the race ([www.twincities.church](http://www.twincities.church)). No dogs are allowed on course. Strollers are allowed on 5K Walk course only, and at your own risk.

**AWARDS:** The 5K and 10K awards will be presented for Male and Female Overall and Top 3 in each age division. All children participating in the Free Kids Run will receive a participation medal (t-shirt not included).

**INFO & REGISTRATION:** Twin Cities Church at (530) 273-6425, e-mail [Yolanda@TwinCitiesChurch.com](mailto:Yolanda@TwinCitiesChurch.com) or go to the physical church site on Sunday mornings or during office hours. For mail in pre-registration return the bottom portion of this form with a check payable to "TCC" and mail to:

Twin Cities Church, Attn: Run for the Community  
11726 Rough & Ready Hwy.  
Grass Valley, CA 95945

**PLEASE NOTE:** No additional fee online registration at [www.twincities.church](http://www.twincities.church)!

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PLEASE CIRCLE/COMPLETE ALL APPROPRIATE INFORMATION:

MALE or FEMALE 5K RUN or 10K RUN or 5K WALK

**AGE DIVISIONS** (Your age on race day, 5/14/16): **10 & under 11-14 15-18 19-29 30-39 40-49 50-59 60-69 70-79 80 & over**

**T-SHIRT SIZE:** Youth: M L Men's: S M L XL XXL Women's: S M L XL XXL

**Name** (print clearly) \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Date of Birth** \_\_\_\_\_ **Age on June 3, 2017** \_\_\_\_\_

Waiver: I hereby waive all legal rights I may have against TCC or any individuals, volunteers, or organizations associated with the event organizers in the case of injury or death during the event or while traveling to or from the event or because of dissatisfaction with any aspect of the event. I further attest that I am physically fit and have adequately trained for participation in the event I am entering.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

(Must be signed by parent or guardian if participant is under age 18)