•••• SATURDAY, JUNE 2, 2018 ••••

RUN FOR THE COMMUNITY

5K / 10K RUN • 5K WALK • FREE KIDS RUN FOR AGES 10 & UNDER!

Run/Walk Start Time: 8:30am ~ FREE Pancake Brekky ~ Gold Country Grand Prix Series Race #6

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

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 23**. Race day registration or entries postmarked after May 23 (or online registration after May 24) 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). 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 Mare@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 available at 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, 6/2/2018):* **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 2, 2018**_____

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)