



**41<sup>st</sup>**  
annual

# Holiday Run & Walk for Health & Health Fair

**Saturday, December 9, 2017**

Contra Loma Regional Park • 1200 Frederickson Lane, Antioch

## ACCEPT THE CHALLENGE TO BENEFIT OUR LIBRARIES

Proceeds will enable the library to buy the latest books and educational materials on health, fitness, diet, nutrition and exercise.

Sponsored by the Kiwanis Club of the Delta-Antioch, State Superintendent of Public Instruction Tom Torlakson, the East Bay Regional Park District and the City of Antioch.

Choose from:  
**1-mile walk/run**  
**3-mile walk/run**  
**10K run**  
**Kids dashes with Santa**

All who pre-register will receive a **FREE HOLIDAY RUN T-SHIRT**

Visit [holidayrun.org](http://holidayrun.org) for more info



Kiwanis Club of the Delta-Antioch, Superintendent of Public Instruction Tom Torlakson,  
 East Bay Regional Parks District  
 & The City of Antioch Present

# The 41st Annual

## Holiday Fun Run & Walk for Health & Health Fair!

**More Than Forty Years of Running and Walking Health!**

Saturday, December 9, 2017 - Registration 7:30 AM - Contra Loma Regional Park, Antioch

For more information and to register on line go to <http://www.holidayrun.org/>



### Official Entry Form

(Families: Please photocopy and provide an entry form for EACH family member and enclose in same envelope)

Mail This Entry to: 41st Holiday Run and Walk for Health/ Kiwanis Delta-Antioch, 3377 Deer Valley Road #239, Antioch, CA 94531

Name \_\_\_\_\_ Gender \_\_\_\_\_ Race Day Age \_\_\_\_\_  
 Address \_\_\_\_\_ **EVENT: (Please check)**  
 City/State/Zip \_\_\_\_\_ 1-Mile Run/Walk \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_ Birth Date \_\_\_\_\_ 3-Mile Run/Walk \_\_\_\_\_  
 Email \_\_\_\_\_ 10K Run \_\_\_\_\_  
 T-Shirt Size: Please circle: Small Med Large X-Large Kids Dashes \_\_\_\_\_  
 Participating for:  
 Library \_\_\_\_\_ School \_\_\_\_\_ Police/Fire \_\_\_\_\_  
 Library Name School Name City/Division Name

**NOTE: All race changes must be made by 12/1/17 for pre-registrations.**

For changes to your entry, please e-mail Aaron Ford at [aaron@fordtiming.com](mailto:aaron@fordtiming.com) - **NO CHANGES WILL BE MADE ON RACE DAY!**  
 \*No refunds, including race-day cancellations due to dangerous weather or race course conditions\*

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 & all rights I may have against the Kiwanis Club of the Delta-Antioch, Superintendent of Public Instruction Tom Torlakson, Contra Costa Water District, East Bay Regional Park District, the City of Antioch, Antioch Unified School District and all other associated sponsors, promoters and agents for any & all injuries suffered by me in conjunction with and/or arising in and out of my traveling to, participation in, and returning from the Holiday Run & Walk for Health & Health Fair.

Entrant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent's or Legal Guardian's Signature if participant is under 18 years of age.)

Enclosed is my check or money order in the amount of \$ \_\_\_\_\_, payable to Kiwanis Delta-Antioch Holiday Run.

Ribbons awarded to all participants. Medals awarded to 1st - 5th Place Winners in Male and Female Categories. All Kid Dash participants receive ribbons! Trophies awarded to 1st Place Male and Female Winners in all races.

Mail This Entry to: 41st Holiday Run and Walk for Health/ Kiwanis Delta-Antioch, 3377 Deer Valley Road #239, Antioch, CA 94531

FEES: **Early Registration\*\*** **Late Registration\*\*\***

	Before 12/1	After 12/1
(+) 5 and under	FREE (T-shirt - \$8)	FREE (T-shirt - \$8)
6 - 15 years	\$20	\$25
16 - 60	\$25	\$30
Seniors (60 & Up)	\$20	\$25
Families*	\$55	\$65

(\*Families are up to 4 members, \$10 for each additional member. \$5 extra charge for running in 2 races.)

+ **Early Registration/free T-Shirt does not apply**

**\*\* Early Registration (Before 12/1) includes a commemorative T-shirt.**

**\*\*\* Late Registration and Same-Day Registration do NOT include a commemorative T-shirt!**

### 1 Mile Run/Walk 9 a.m.

6 & Under, 7-9, 10-12. All ages are welcome. For those over the age of 12, entry is for fitness and fun.

Ribbons will be awarded to all participants.

### 3 Mile Run/Walk 9:35 a.m.

10 & Under, 11-14, 15-19, 20-29,

30-39, 40-49, 50-59, 60-69, 70+

### 10K Run 9:30 a.m.

14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

### Kids Dashes with Santa 10:15 a.m.

3 & Under (20 yards); 4-5 (40 yards); 6-7 (60 yards)