

# A Run for Our Future...



## 5K Run/Walk & Kids 1K Run

For Project SWELL, a K-12 water environment science curricula for San Diego City Schools.

**Seaport Village, Embarcadero Marina Park North, San Diego, California**  
**Saturday, OCTOBER 16, 2004 7:30 am**

### Awards:

- 5K - to first three in each age division
- 1K - (12 year and under) all finishers receive a commemorative medal

### Day of Race Registration

- Seaport Village, starting @ 6:00am

### Fees:

Include late fee if postmarked after Friday, October 8, 2004

- 5K Run/Walk - \$20, late fee \$23
- 1K Kids (12 year and under) - \$10, late fee \$13
- Fees are non-refundable
- Bibs are non-transferable
- Include a self-addressed stamped #10 envelope for EACH entry
- Make Checks Payable to: **Urban Runoff**
- Mail to: **Urban Runoff 5K**

7801 Mission Center Court, Ste. 103, San Diego, CA 92108

### Race Director/Race Results

- Kathy Loper Events (619) 298-7400
- Website: [www.kathyloperevents.com](http://www.kathyloperevents.com)
- Register Online: [www.kathyloperevents.com/ur5k](http://www.kathyloperevents.com/ur5k)
- Computerized race results: Kathy Loper Events

### General information about urban runoff

- [www.ThinkBluesd.org](http://www.ThinkBluesd.org)



**CHECK ONE:**  **5K Run/Walk**  **1K Kids Run (ages 12 & under)**

Name : FIRST

LAST

Mailing Address – Include Apt. No.

City

State

Zip Code

Sex

Home Phone

Business Phone

Birth Date

Age as of

10/16/04

Male Female

- |                                   |                          |
|-----------------------------------|--------------------------|
| <input type="checkbox"/> 12-Under | <input type="checkbox"/> |
| <input type="checkbox"/> 13-17    | <input type="checkbox"/> |
| <input type="checkbox"/> 18-24    | <input type="checkbox"/> |
| <input type="checkbox"/> 25-29    | <input type="checkbox"/> |
| <input type="checkbox"/> 30-34    | <input type="checkbox"/> |
| <input type="checkbox"/> 35-39    | <input type="checkbox"/> |
| <input type="checkbox"/> 40-44    | <input type="checkbox"/> |
| <input type="checkbox"/> 45-49    | <input type="checkbox"/> |
| <input type="checkbox"/> 50-54    | <input type="checkbox"/> |
| <input type="checkbox"/> 55-59    | <input type="checkbox"/> |
| <input type="checkbox"/> 60-64    | <input type="checkbox"/> |
| <input type="checkbox"/> 65-69    | <input type="checkbox"/> |
| <input type="checkbox"/> 70-74    | <input type="checkbox"/> |
| <input type="checkbox"/> 75+      | <input type="checkbox"/> |

Adult T-shirt size

(Circle One)

S M L XL

Kids T-shirt size

(Circle One)

S M

WAIVER: In consideration of acceptance of my entry, I for myself, executors, administrators and assignees do hereby release and discharge City of San Diego, San Diego BayKeeper, Kathy Loper, Kathy Loper Events, and all other sponsors and associates for claims of damages, demands, actions whatsoever, in any manner arising or growing out of my participation in said athletic event. Further, I hereby grant full permission to any of the foregoing to use any photographs, videotapes, motion picture recording or any other record of this event for any purpose whatsoever. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

PARTICIPANT'S SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

(All applicant must sign waiver — Parent's Signature if under 18 yrs. old)