



Artwork by Priscilla Martinez

Pajaro Valley Shelter Services' 30th Annual Mothers Day Run for Shelter

Sunday, May 11, 2014
Ramsay Park, Watsonville, CA 95076



Rain or Shine!

RACE INFORMATION:

Registration: Race day registration and bib pick-up starts at 7:00 AM, Sunday May 11th. Bibs are not transferable. Registration fees are non-transferable & non-refundable. On-line registration at www.active.com "30th Mothers Day Run for Shelter" Download forms, or find Active.com link at www.pvshelter.org

Fees: Reg. Form required for each participant

10K Run & 5K Run/Walk - **\$35** for individuals (1 T-shirt) **Registrations after Thursday, May 8, 2014: \$40**

10K Run & 5K Run/Walk - **\$100** per family of four, max. 2 adults (limit 2 T-shirts per family) **Registrations after Thursday, May 8, 2014: \$110**

1K Kid's Fun Run - **\$10** per child under 12 (no T-shirt) With T-shirt: \$20 **Registrations after Thursday, May 8, 2014 add \$5**

Race Start Times: 1K Kid's Fun Run @ 7:45am; 5K @ 8:00am 10K Run @ 8:45am **COURSE CLOSSES AT 10:00am**

Course: The course is certified: computerized time results will be announced & on the web site

All runs and walks start and end at Ramsay Park. Run and walk courses are different this year. Course maps available at www.pvshelter.org

Features: Event T-shirt included in the fee (except Kid's Fun Run and limited to two shirts per the discounted family of four registration); T-SHIRTS AVAILABLE FOR FIRST 600 RUNNERS WHO REGISTER; Roses for the moms; Goody bags with goodies; Refreshments and water; music

Awards: 10K Run & 5K Run/Walk – Medals for 1st, 2nd, 3rd places, male/female per age division; plus gift certs for the overall male and female first placers in 10K and 5K.

1K Kid's Fun Run – all youth receive accomplishment medals

Sorry no dogs permitted.
Strollers may create a hazard.

Please check one: 10K Run 5K Run 5K Walk 1K Kid's Fun Run Donation only

Circle T-Shirt size adult: S M L XL Kids' M Gender: M F

30th Anniversary "Ducks" Socks (\$10/pair) –MUST BE ORDERED BY MARCH 15, 2014 Men's Women's

↑First Name _____ Last Name _____ Birth Date (required) _____ Age (required) _____

↑Mailing Address _____ Apt. # _____

↑City _____ State _____ ZIP _____

↑Day Phone _____ Evening Phone _____ email _____

↑Emergency Contact Name _____ Contact Phone _____ Relationship _____

For group participants, name of business/school group: _____

PAYMENT: Check the amounts that apply: \$35 reg fee \$100 Family Fee \$10 /pair socks X ___ pairs mens's = \$ _____
 Total Amount: \$ _____ X ___ pairs womens's = \$ _____

Pay by check (enclosed) *Make checks payable to PV Shelter* Pay by cash (enclosed) Pay by credit card : VISA MC

Card # _____ Exp. Date: _____/_____/_____

RELEASE & INDEMNITY AGREEMENT:
 In consideration of your accepting this entry, I hereby, for myself, and any participating children or wards of mine, my heirs, executors, and administrators, waive and release Pajaro Valley Shelter Services, the City of Watsonville, and the Santa Cruz Track Club, their respective employees, agents and contractors, and all other sponsors, officials, directors, volunteers and other persons associated with this event, from any and all claims of damages, demands, or actions whatsoever in any manner, as a result of participation in the 2014 Mother's Day Run for Shelter, and I agree to indemnify and hold harmless the above entities and persons from all liability for any injury suffered arising from this event and I assume all risk for any such injury. I attest and verify that I, and any participating children or wards of mine, are physically fit and have sufficiently trained for the completion of the event and have not been advised otherwise by a qualified medical person. Further, I hereby grant full permission to any and all of the foregoing entities to use my and any participating children or wards of mine, names and likenesses in any broadcast, telecast, video or print media of the event without compensation to me and any participating children or wards of mine. I understand that the entry fee and numbers are nontransferable.

Required Participant Signature _____ (Parent or guardian signature required if participant is under 18) _____ Date _____

Mail or deliver registration form to: PV Shelter, 115 Brennan Street, Watsonville, CA 95076