



27th Annual Highland Run & Duathlon

Sunday January 31st, 2010 @ 7:30 AM

ABOUT THE COURSE

The 27th Annual Highland Family Run & Duathlon will start at Arroyo Verde Elementary School. This course through Highland, CA @ (Hwy 30 the base of Big Bear Mountain) will include challenging hills, equestrian acres, palm trees, ranch style homes and views of snow covered mountains.

YMCA



*We build strong kids,
strong families, strong communities*

HIGHLAND Community News

Your Community. Your Newspaper.



2010 RACES & START TIMES (Rain or Shine):

Duathlon (R2M-B10M-R2M)*	7:30am
Open 1/2 Marathon*	7:55am
Open 5K*	9:20am
Kids 1/4M Fun Run (7 & Under)	9:00am
Kids 1M Fun Run (8-12 yrs)	9:05am
Mayor's 2M Fun Walk	9:30am

REGISTER ONLINE www.ymcaeastvalley.org or at Active.com
http://www.active.com/event_detail.cfm?event_id=1812214

PRE-RACE PICK-UP: Available Saturday 1/30/10 8am-Noon at the Highland Family YMCA 7793 Central Ave. Highland, CA 92346 or contact us at 909-425-9622. **Final check-in 8:45am.**

RACE DAY DIRECTIONS: Take the I-10 towards Redlands to the I-210 Freeway North, Exit 5th Street and turn right (east), proceed approximately 2 miles until you reach Church Street and turn left and follow the signs for registration.

AWARDS: 5K, 1/2 Marathon & Duathlon Top Three Overall M/F (Relays divisions Overall only) as well as Top Three M/F per age division. Finisher medals to ALL participants!

RESULTS: All timing services will be provided by Prime Time and will be posted on resultsbyprimetime.com as well as ymcaeastvalley.org. **Chip Timing** available for 1/2 Marathon, 5K & all Duathlon races.

SCHOOL CHALLENGE: Ask us how **YOU can help YOUR** local school earn up to a \$5 per registrant for fitness programs?

Proceeds BENEFIT the Highland Family YMCA Scholarship Program for youth & families who would be unable to participate in programs!

ENTRY FORM (please print) OK to photocopy
Mail completed form and check payable to the Highland YMCA:
Attn: Highland Run 2010—7793 Central Ave Highland CA 92346

Name (first) _____ (last) _____
 Address _____
 City _____ State _____ Zip _____
 Phone (contact #) _____ Email _____
 Birth Date _____
 School Challenge Yes ___ No ___

FEES: (all entries include a race t-shirt, relays receive two)

Kids 1/4M Fun Run (7 & Under)	\$15.00	\$ _____
Kids 1M Fun Run (8-12 yrs)	\$15.00	\$ _____
Open 1/2 Marathon	\$35.00	\$ _____
Open 5K	\$25.00	\$ _____
Mayor's 2M Fun Walk	\$15.00	\$ _____
*Duathlon (R2M-B10M-R2M)	\$60.00	\$ _____
*Duathlon-RELAY (R2M-B10M-R2M)	\$80.00	\$ _____
Late Registration Fee (after 1/27/10)	\$ 5.00	\$ _____
Additional T-Shirt (s)	\$10.00 x _____	\$ _____

*Must show proof of current USAT membership or an additional One Day fee will apply!

TOTAL ENCLOSED \$ _____

WAIVER (must be signed)

In consideration for your acceptance of this entry, I hereby, for myself, my executors and administrators, waive any and all rights and claims for injury and damage I may have against East Highland Ranch-Spring Pacific Properties, LLC, The East Highland Ranch Master Home Owners Assoc. The YMCA of the East Valley, Prime Time, City of Highland and all their respective corporate affiliates and any other sponsors, groups or individuals associated with this even. I knowingly assume all risks involved in this event. I will allow my name and picture to be used in telecasts and publications, etc. as a result of this race.

Signature of Athlete/Date _____ (Signature of parent or guardian if under 18 years/date)

Signature of Athlete/Date _____ (Signature of parent or guardian if under 18 years/date)

IF UNDER 18: This is to certify that my son/daughter has my permission to compete and is in good physical condition and race officials have my permission to authorize emergency treatment if necessary.

2010 RACES: (check one)
 Kids Fun Run 1/4M (7 & Under)
 Kids Fun Run 1M (8-12yrs)
 1/2 Marathon (Open*)
 5K (Open*)
 Mayor's 2M Fun Walk
 Duathlon (Open*)
 Duathlon-(RELAY*)

***AGE DIVISIONS:**
 12 & Under
 13-14
 15-17
 18-24
 25-29
 30-34
 35-39
 40-44
 45-49
 50-54
 55-59
 60-64
 65-69
 70-74
 75-79
 80-84
 85 & Over

***SPECIALTY DIVISIONS:**
 Public Safety (Police/Fire/Military)
 Challenged
 Wheelchair
Duathlon Only— Athena (150lbs+) Clydesdale (200+)
 Relay(17 & Under) Relay(Female) Relay(Male) Relay(Co-Ed)

T-SHIRT SIZE: (check one)
Youth Medium Large
Adult Small Medium Large X-Large XX-Large