



Native American Health Center's 8th Annual

Running is My High

GREEN, HEALTHY AND NATIVE

Saturday, March 14th, 2009

10K Run and 5K Run/Walk at Lake Merritt, Oakland

Race Hotline (510) 535-4463

Registration Begins: 7:30 am

Race Begins: 9:00 am

Location: Begins & ends at Lake Merritt Sailboat House Parking Lot (off Bellevue Ave.)

Volunteers: Please contact Volunteer Coordinator at 510-535-4462 for more info.

Prizes: First, second and third place in both the 5K & 10K will receive prizes.

All paid, registered school-aged youth will receive a special gift,

please indicate the child's (ages 5-18) shirt size below:

****Please remember to bring \$3.00 for parking****

Ages 5-10: S, M, L

Ages 10-18: S, M, L, XL, XXL

Pre-registration before March 1st, 2009

Registration after March 1, 2009

\$5.00 for 12 & under

\$5.00 for 12 & under

\$10.00 for 13 & over

\$15.00 for 13 & over

Please Print Clearly:

Name: _____
(Last) (First)

Male _____ Female _____ Age: _____ Date of Birth ____/____/____

Address _____
(street) (city) (zip)

Telephone (____) _____ E-mail _____

Race: 10K Run _____ 5K Run/Walk _____ Volunteer _____ Clean-up Crew _____

All paid registered runners will receive an eco-friendly metal water bottle as part of our GREEN & HEALTHY theme for 2009!

**Write checks and address to:
(No CASH accepted!)**

**Healthy Nations Wellness Center
NAHC, NAF Department
2950 International Blvd, Oakland, CA 94601**

Limited scholarships available for registration fee, contact race organizers for more information.

WAIVER: I know that running or walking a road race is potentially a hazardous activity. I should not enter and run or walk unless I am healthy and properly trained. I agree to abide by any decision made by the race director relative to my ability to safely complete the race. I assume all risks associated with running or walking this event, including but not limited to, falls, contact with other participants, the effects of traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver, knowing these facts and in consideration of acceptance of my entry, I for myself, my heirs, and anyone entitled to act on my behalf waive and release forever Ready Set Go! Native American Health Center, Oakland Parks and Recreation, and all sponsors, beneficiaries, their employees, representatives, and successors from all claims and liabilities arising out of my participation in this event.

Signature _____ Date _____

NOTE: All participants must sign. A parent or legal guardian must sign for participants under 18.