



Native American Health Center's 7th annual



Running is My High

Saturday, March 8th, 2008

10K and 5K Run/Walk

Lake Merritt, Oakland

Registration Begins: 7:30 am

Race Begins: 9:00 am

Location: Race begins & ends at the Lake Merritt Sailboat House Parking Lot (off of Bellevue Avenue.)

Divisions: All ages are welcome!

Volunteers: RIMH needs volunteers. Volunteers will receive a RIMH t-shirt. Contact race organizers.

Prizes: Age group prizes will be awarded. All participants will receive an award.

Race Hotline (510) 535-4400 ext.101

Pre-registration before March 1st, 2008

\$5.00 for 12 and under

\$10.00 for 13 and over

Registration after March 1, 2008

\$5.00 for 12 and under

\$15.00 for 13 and over

FREE registration with a new membership to Healthy Nations Wellness Center.
Call 510-434-1772 for details.

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 _____

T-Shirt: Circle One **Adult Sizes** S M L XL XXL **T-shirts are FIRST come 1st SERVE!**

How did you hear about RIMH? _____

Mail payment and entry form to: [Running is My High, Healthy Nations Wellness Center](#)
[3124 International Blvd, Oakland, CA 94601](#)

Make checks payable to **Healthy Nations Wellness Center**. Do not send cash.

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 your accepting my entry, I for myself, 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, representations, and successors from all claims and liabilities arising out of my participation in this event. Signature _____

Date _____

All participants must sign; parent/guardian must sign for participants under 18.