



# 2011 CAPITOL CITY CLASSIC

## OFFICIAL ENTRY FORM

**Sunday, April 17, 2011**

### SELECT EVENT:

- 5K Run/Walk • 8:00 AM
- 10K Run/Walk • 8:00 AM
- Girls On The Run 3K Run/Walk • 9:30 AM
- Kids runs • 10:00 am  
(1 mi. • 1/2 mi. • 1/4 mi. • 200yd.)

- 5K • 10K • 3K • Kid's Runs
- Register Online: [Changeofpace.com](http://Changeofpace.com) by Noon on 4/15
- Please postmark entries by Monday, Apr. 11
- Register in-person: Fleet Feet Davis by 7pm Thurs., 4/14
- Held At: Crocker Park, Downtown Sacramento  
3rd & O Streets, Sacramento, CA 95814
- Technical T-shirt & Chip timing for 5K/10K
- 3K & Kid's Runs are untimed & include a cotton t-shirt
- Please pre-register: t-shirts available only while supplies last to packet pick up and race day entrants.

Please print neatly. One form per entrant, please.

### Participant Information

First: \_\_\_\_\_ Last Name: \_\_\_\_\_

Gender:  Male  Female Age on April 17:

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_  
(used for entry confirmation & race updates)

### T-shirt Size

Please indicate your desired t-shirt size: (unisex sizing; short sleeve)

Youth  S  M  L Adult  S  M  L  XL  XXL

Are you a member of Runnin' for Rhett?  Yes  No  
(See what they are all about: visit <http://runninforrhett.org>)

**Please Read Regarding T-Shirts:**  
5K & 10K Entry Includes a Technical T-shirt.  
Unisex sizing. Sizes: Youth M to Adult XXL.  
3K & Kid's Run Entry includes a cotton t-shirt  
available in sizes Youth S to Adult XL.

### Entry Fees:

Entry fees listed are per person.

	by 3/19	3/20-4/15	4/16 & Race Day
5K/10K (ages 13 & Up)	\$28	\$30	\$35
5K/10K Youth (ages 1-12)	\$23	\$25	\$30
Girls On the Run 3K (all ages)	\$10	\$12	\$15
Kids Run (ages 0-12)	\$10	\$12	\$15

Today's Date: \_\_\_\_\_ Entry Fee paid: \$ \_\_\_\_\_  Cash  Check # \_\_\_\_\_

### How To Register:

- Online at [changeofpace.com](http://changeofpace.com) thru Noon on Friday, April 15
- Via US Mail if Postmarked by April 11
- At Fleet Feet - Davis by Thurs., April 14 at 7pm
- At Packet Pick Up on April 16, Noon-5pm
- On Race Morning (4/17) 6:45 am onwards

### Please Read and Sign the Waiver (Parent/Guardian must sign for those under age 18).

I acknowledge that this waiver and release of liability form will be used by the event holders, sponsors, and organizers, including A Change of Pace Foundation, A Change of Pace, Inc., the City of Sacramento and the City of Sacramento Police Department, the City of West Sacramento and the City of West Sacramento Police Department, in which I may participate and that it will govern my actions and responsibilities at this event. I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised otherwise by a qualified medical physician. I hereby take action for myself, my executors, administrators, heirs, next of kin, and successors. I hereby Waive, Release and Discharge from any claims, losses, or liabilities for death, disability, personal injury, property damage, theft or damage of any kind resulting from my participation in this event. I also grant permission to use my picture in any broadcast, telecast, or photo taken at this event. I grant permission to post my race results at the event and on [www.changeofpace.com](http://www.changeofpace.com). I hereby certify that I have read this document and completely understand all of it's contents.

*Entry is non-refundable and non-transferable. Event happens rain or shine.*

### Please Make Checks Payable to: A Change of Pace Foundation

Mail to: **Capitol City Classic**  
**1260 Lake Blvd. #245**  
**Davis, CA 95616**

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_