



Celebrate National Physical Therapy Month and...

pursue ultimate

PUMP it UP!

motor performance

October 23, 2010 Lodi Lake

RUN IN YOUR COSTUME!
Sponsored by House of Coffees

PACKET PICK-UP

Friday, October 22nd
PUMP Institute
220 S. Church Street, Lodi
10AM to 5PM

EVENT START TIMES

5K Run/Walk.....9:00 AM
10K Run/Walk.....9:00AM
KidsRuns.....10:30 AM

WITH YOUR 5K/10K

ENTRY You will receive a 2010 run T-Shirt, refreshments, lunch, eligibility for age group awards, and a goodie bag.

Water and fluid replacement will be available throughout both the 5K and 10K.
Sweat check will be available from 8:00AM to 12:00PM. After this pick up will be at LPT.
All entry fees are non-refundable and non-transferable. NO Exceptions. Event happens rain or shine.

EVENT CHOICE(S): 5K 10K Kids Runs

FIRST NAME: _____ **LAST NAME:** _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ **Email:** _____

HIGH SCHOOL REPRESENTED: _____

BIRTHDATE: _____ **AGE (On Race Day):** _____

SEX: M F **SHIRT SIZE:** S M L XL

WAIVER: I hereby affirm that I am in proper physical condition to participate in the PUMP IT UP! Run/Walk and in consideration of this acceptance of this entry, agree to assume all risk of injury to myself and all risk of damage or loss of property arising out of my participation in this event; to release forever discharge the sponsors and promoters including Lodi Physical Therapy, San Joaquin County, City of Lodi and all sponsors, subcontractors and volunteers which may arise from my participation in the PUMP IT UP Run/Walk. I understand that bicycles, roller/in-line skates, animals, and headsets are not permitted in this race and I will abide by this and all other race rules. I understand my entry is non-refundable and non-transferable. Waiver must be signed by all entrants.

SIGNATURE (Parent, if under 18): _____ **DATE:** _____

FEES

5K/10K: Before October 17th, \$30. Registration closes October 19th, race day registration will be available for an additional fee of \$5.

KIDS RUNS: 10Years & Under FREE. All kids will receive a pumpkin from Phillips Farms!
* Kids races do not include lunch

DONATION TO HIGH SCHOOLS: Your additional donation to the high school of your choice is greatly appreciated.

Circle one: Tokay Lodi Bear Creek McNair

Donation: \$ _____

TOTAL AMOUNT ENCLOSED: \$ _____

Checks Payable to: Lodi Physical Therapy, Mail Entries to: On Your Mark Events P.O. Box 1199 Arnold, CA 95223
If you would like to pay by Visa or MasterCard, please register at www.active.com Please do not mail entries after October 24th.