

SUNDAY, JUNE 3, 2012 - 8:00 AM

LAKE CHABOT REGIONAL PARK, CASTRO VALLEY

29th ANNUAL

LAKE CHABOT TRAIL CHALLENGE HALF MARATHON & 5K

Hosted by the
CASTRO VALLEY TRACK CLUB
*A Nonprofit Public Benefit Corporation
A Road Runners Club of America & A USATF Club #0010*

www.active.com www.cvtrackclub.com

NAME _____ M or F (circle one) Age on Race Day _____

ADDRESS _____ RACE Half Marathon or 5K (circle one)

CITY _____ STATE _____ ZIP _____ T-SHIRT SIZE S M L XL (circle one)

PHONE _____ E-MAIL _____

EMERGENCY CONTACT PERSON _____ PHONE _____

- **YES, I WOULD LIKE TO MAKE A TAX-DEDUCTIBLE CONTRIBUTION OF \$ _____ IN ADDITION TO MY RACE FEE TO BENEFIT THE CASTRO VALLEY TRACK CLUB.**

Waiver: In consideration of running in this event, I hereby waive and release any and all rights and claims for damages which may accrue in my favor or in favor against the Castro Valley Track Club, and its respective officers, directors, meet directors, volunteers, and the East Bay Regional Parks District in any manner whatsoever arising out of or in any way connected with the Trail Challenge 5K and Half Marathon held on June 3, 2012, including traveling to and from the event. I agree that I shall not use, or allow to be used, radio headsets, bicycles, strollers, skates, wagons, or other wheeled conveyances, and that no animal shall accompany me (or in the case of my child participating, my child). As for participants under the age of 18 years, this is to certify that I, or the parent/guardian, with legal responsibility for the above minor participant, do knowingly and fully assume all risks of injury as a result of participating in the Trail Challenge 5K or Half Marathon, even if arising from the negligence of the Castro Valley Track Club or its volunteers, and assume full responsibility for myself or my minor child's participation. I hereby certify that I am (and in the case of a minor participant, my child who is participating) is physically fit to participate in this event. I understand that there may be non-participants (including bicyclists, walkers, horseback riders, and other runners), dogs (both on and off leash), or other animals on the course and that the course has uneven terrain and is rigorous. I release and agree to indemnify and hold harmless the Castro Valley Track Club and its officers, directors, and volunteers from the Trail Challenge Event. For and in consideration of the benefits accruing to me as a result of my (or my minor child's) participation in the Trail Challenge, the adequacy and sufficiency of which considerations is hereby acknowledged, I do hereby waive and release any and all rights and claims for damages which may accrue in my favor or in favor of the above minor participant against the Castro Valley Track Club, and its respective officers, directors, race directors, and volunteers, and the East Bay Regional Park District, in any manner whatsoever arising out of or in any way connected with the Trail Challenge 5K and Half Marathon held on Sunday, June 3, 2012

SIGNATURE: _____ DATE: _____

ALL ENTRANTS MUST SIGN WAIVER (PARENT/GUARDIAN IF UNDER AGE 18)

Location: Start and finish near the Lake Chabot Marina

17930 Lake Chabot Road

Castro Valley, CA 94546

There is a nominal fee to park inside lot or park for free on Lake Chabot Rd.

Courses: Half Marathon: A challenging, hilly loop, mainly on dirt fire roads with five aid stations. There is a three-hour time limit. Carrying water is advisable.

5K: From Marina, on paved road to dam and back with one aid station.

Awards: Quality T-shirt to the first 450 registered runners. Post-race refreshments and prize raffle. Plaque and complimentary entry to 2013's race will be given to the first overall man and woman in each race. Medals will be given to the top 3 in each of 13 age divisions in the half marathon in 5 year age categories. Medals to the top 3 in each of the 10 age divisions in the 5K.

Medal also given to the first male/female under 14 in each race.

Cost: Pre-register by May 31st: 5K \$25; Half Marathon \$40

After May 31st, race day registration only: 5K \$30; Half Marathon \$45

Bib numbers **will not** be mailed. Race day registration and bib pick-up begins at 6:30 am at the Willow picnic site. This is also the finish line area.

Online Registration Preferred: www.active.com

Mail-in Registration: Make checks payable to: Castro Valley Track Club

Mail checks to: CVTC c/o Jim Phillips PO Box 10005 – Pleasanton, CA 94588

Have Questions? Juli Chouinard, Race Director - runwithus@msn.com

Event Website: www.cvtrackclub.com

The Lake Chabot Trail Challenge Half Marathon/5K is the primary fundraiser for the Castro Valley Track Club. We appreciate your support!

Financial sponsors for the race are pending. If you or your company would like to be an official sponsor, please contact the Race Director.

Special thanks to The East Bay Regional Parks Department