



PUEBLO COMMUNITY DIABETES PROJECT

PREVENT – A – THON 2009

5K RUN, 2 MILE WALK

SATURDAY JUNE 20TH 2009

5K RUN, 9:00 A.M. - 2 MILE WALK 8:45 A.M.

RACE STARTS AT PUEBLO COMMUNITY COLLEGE THROUGH CITY PARK



**WELCOME TO
PUEBLO COMMUNITY DIABETES PROJECT
PREVENT - A - THON**

WHERE

Pueblo Community College campus 900 West Orman. From I-25 take exit 97B Abriendo Ave. Follow Abriendo to 4th Street and turn left. Follow 4th to Orman and turn right. You will see the College. The Staging area will be under the tents on campus.

COURSE

Race starts and ends at PCC. Course goes down Dittmer and Goodnight Ave. and through City Park.

WATER STOPS

There will be two water stops in City Park in front of the tennis courts and at the entrance at Goodnight.

ENTRY FEE

\$20 – If received by June 15th (\$18 SCR)

\$25 – After June 15th

\$30 - Day of Run/Walk

\$10- Kids 12 and under

Waiver must be signed by a parent for all kids 12 and under

PACKET PICK UP

Bib Numbers and packets may be picked up June 18th and 19th from 10 A.M. to 5 P.M. at Bassett Construction (120 Dayton Ave 719-544-6391) or on race morning after 7:45 A.M. at Pueblo Community College.

PERKS

All entrants will receive a Prevent – A – Thon T- Shirt, free entry into the concert that night on the Riverwalk and tickets into the Little Britches Rodeo National Finals in August.

AWARDS

Kids 12 and under will receive ribbons.

Walkers will only be receiving perks.

Awards for over-all male and female will receive a special prize. (Not eligible for age group awards.) Awards will be presented to the top male and female winners 1st thru 3rd. First place in all age groups will receive gift certificate to the Gold Dust Saloon as well as a medal, all other places will receive a medal for each of the following age categories: 12 and under, 13 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 and Over

HOW TO REGISTER

Online at pueblodiabetes.org, or mail your completed entry form, signed waiver and payment (or proof of on line payment) to PO BOX 8005 PUEBLO COLORADO 81008, or on race day from 7:45 A.M. to 8:30 A.M. at PCC (Please bring completed online registration form to event on race day if not mailed with payment). Cash, check or credit card payment accepted. Make checks payable to Pueblo Community Diabetes Project.

MORE INFORMATION

For more information call Sayra Bassett at 719-544-6391 or 719-240-5094. Prevent – A – Thon information 719-406-5802 or pueblodiabetes.org



REGISTRATION FORM 2009

ONE FORM FOR EACH PARTICIPANT PLEASE!

5 K RUN

2 MILE WALK



NAME: (LAST) _____ (FIRST) _____ (M.I.) _____

ADDRESS: _____ CITY _____ STATE _____ ZIP _____

DOB: ____/____/____ AGE: _____ MALE FEMALE T-SHIRT SIZE: ____ YOUTH L ____ ADULT S ____ ADULT M
____ ADULT L ____ ADULT XL ____ ADULT XXL
____ ADULT XXXL

WAIVER STATEMENT

In consideration of your acceptance of my entry, I for myself, my heirs and personal representatives, waive and release the **PUEBLO COMMUNITY DIABETES PROJECT**, the Southern Colorado Runners, its principals, all sponsors and their representatives from any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in the **PREVENT – A – THON** race. I attest and verify that I am physically fit and have sufficiently trained to complete this event. I understand that my entry fee is non-refundable and my bib number is nontransferable. I further understand that I will run on the race course as laid out and I will be eliminated from competition if I am not on the prescribed race course. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever.

Participant Signature _____ Date _____

(If participant is under 18, parent or guardian must sign)