



# Run San Ramon

## July 4, 2016

### 5K Run & Walk

### 10K Run



**6:45 a.m. - 7:45 a.m. Race Day Registration**  
**7:30 a.m. - 7:45 a.m. Race Day Warm-Up by Crunch Fitness**  
**8:00 a.m. 10K and 5K Run & Walk Start Time**

#### Run San Ramon

Get a healthy start to your 4th of July with this Independence Day Classic. Enjoy the measured, paved and looped course through San Ramon. The 10K course is a double loop of the 5K course. The Run San Ramon 10K and 5K will be a chip timed race.

#### Pre-Registration Packet Pick Up:

Bibs and Shirts will be available for pick up at the San Ramon City Hall, 7000 Bollinger Canyon Rd., San Ramon, CA 94583, on Thursday, June 30th from 11:30 a.m. to 7:00 p.m. All pre-registrants who wait to pick up on race day will receive their shirts upon completion of the race on a "first come-first served" basis.

Shirts are only guaranteed to pre-registered participants who pick their shirt up at the packet pick up held at the San Ramon City Hall.

#### Race Start & Finish:

San Ramon Central Park  
12501 Alcosta Blvd.  
San Ramon, CA 94583

#### Age Divisions:

0-8, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

#### Registration Fee:

\$35 for online registration and postmarked registration by June 24th. Registration fees increase to \$40 starting June 25th through race day. Preregistration family rate for 3 or more is \$30 per person and increases to \$40 on June 25. Must be immediate family only, and all entry forms must be submitted at the same time.

Race day registration tables open at 6:45am to 7:45am. Registration details will be available online at [www.active.com](http://www.active.com), search Run San Ramon. Late or incomplete entries will not be accepted.

#### Mail entry form to:

**On Your Mark Events**  
**P.O. Box 1199**  
**Arnold, CA 95223**

#### Awards:

Mayor's Cup trophies will be awarded to the winning pre-registered San Ramon resident, male & female of the 5K & 10K.

Mayor's Crown trophy will award the lowest combined times of the 2015 Bah Humbug and 2016 Run San Ramon pre-registered 5k runner (male and female).

Medals are given to the first three finishers in each age division.

\*Free refreshments, ice cream and fruit for all participants.

\*Awards ceremony will be held after final age group winner crosses finish line.

Register Online Now at [Active.com](http://Active.com), Search "Run San Ramon"

**RACE ENTRY FORM— Make checks payable to **On Your Mark Events P.O. Box 1199, Arnold, CA 95223****

Yes, I want a shirt  YS  YM  YL  S  M  L  XL  XXL

Single Registration - \$35  Family - \$30 per person (3 or more people, must register at the same time)

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Gender

\_\_\_\_\_  
Age Day of Race

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Email address (please print)

WAIVER: This is a legal document. Read it carefully. In consideration of your accepting the entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive all rights and claims of damage I may accrue against the City of San Ramon, On Your Mark, and the persons and organizations affiliated with the race, any sponsors, volunteers and committee members for any and all injuries suffered by me or en-route to or from the strenuous fitness races in San Ramon. I attest that I am physically fit and sufficiently trained for this competition and that my physical condition has been verified by a licensed M.D. in the last 6 months. I acknowledge that I have read and understood all of the above. I grant my permission to allow photo and/or other video images of myself to be used for promotional or information purposes.

Participants Signature \_\_\_\_\_ Date \_\_\_\_\_  
(If under 18, parent signature required)

# SPONSORS



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Crunch Fitness

8:00 a.m. 5K and 10K

Run and Walk Start Time

Race Start & Finish:

San Ramon

Central Park Community Center

12501 Alcosta Blvd.,

San Ramon, CA 94583

925-973-3200

[www.SanRamon.ca.gov](http://www.SanRamon.ca.gov)

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San Ramon Community Center  
12501 Alcosta Blvd.  
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