

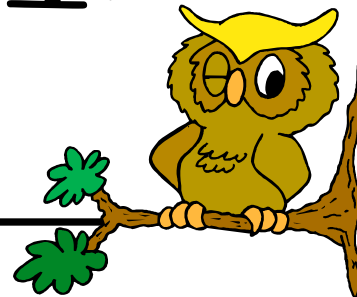
Stamp

Ruby K*s
Yum Run!

c/o LA Cares
PO Box 248
Los Alamos, NM 87544

Ruby K*s 10th Annual Yum Run!

1K * 5K * 10K
Los Alamos, NM



**BENEFITING
LA CARES**

Saturday, November 1st, 2014

REGISTER BY 10/15 AND GET \$5 OFF REGISTRATION FEE!

5K (3.1 miles)* Run/Walk - 8:00 a.m.

10K (6.2 miles)* Trail Run/Walk - 8:00a.m.

(age-graded handicaps for all ages)

**Due to the present construction on Central Ave.,
alternative course is ~3.4 miles for 5K and ~6.3 miles for 10K*

1K Run/Walk - (~9:30a.m.)

(time is approximate - after 5K Awards)

FROM:

10th Annual – Ruby K's Yum Run

Saturday, November 1, 2014

Proceeds benefit LA Cares, a 100% volunteer 501 (c) (3) organization serving needy persons and families living in Los Alamos County.

PICK UP YOUR RACE PACKET AT RUBY K'S

* Friday, October 31, 11:30 am – 1:00 pm OR 4:30 pm – 5:30 pm *

* Saturday, November 1, 7:00 am – 7:45 am *

NOTE: Race day registrations may not be timed for the 5K or 10K

**Race begins and ends at Ruby K's Bagel Café
1789 Central in Los Alamos**

5K* runners start at Ruby K's, head east on Central Avenue, north onto 15th Street, west onto Canyon Road, east back onto Central Avenue, north onto Rose Street, east onto Peach Street, south onto 19th Street, and then follow the sidewalk to the east of Fuller Lodge lawn back to Ruby K's (2 loops). 10 K* runners take same route, but exit at Aquatic Center parking lot to the trail behind Aquatic Center, following the marked course through the canyon.

***Due to the present construction on Central Ave.,
alternative course is ~3.4 miles for 5K and ~6.3 miles for 10K**

5K Awards at ~9:30am 10K Awards at ~10:30am

5K and 10K races are age handicapped.

(age-graded by US Track and Field standards, age 8-100)

RUN BECAUSE YOU CARE * RUN FOR THE YUM OF IT!

For more information contact LA Cares at 661-8015 (*leave message*)

To enter, please mail the completed entry form and fee to LA Cares,
PO Box 248, Los Alamos NM 87544 or drop it off at Ruby K's Bagel Cafe

* REGISTRATION FORM *

(Official Use Only)
Handicap

NAME (LAST, FIRST)

DATE OF BIRTH

AGE

SEX

ADDRESS

CITY

STATE

ZIP

E-MAIL ADDRESS

PHONE (DAY)

PHONE (EVENING)

EVENT (A SEPARATE ENTRY FORM IS REQUIRED FOR EACH EVENT):

5K Race at 8:00 am 10K Race at 8:00 am 1K Run/Walk at 9:30 am

T-SHIRT SIZE (AVAILABLE TO THE FIRST 150 REGISTRANTS; SIZE PERMITTING)

Kid's S Kid's M Kid's L S M L XL XXL

FEES (PLEASE DONATE CEREAL, 100% JUICE, CANNED FRUIT, OR CANNED MEAT ON RACE DAY):

\$30/person 5K Race \$30/person 10K Race \$90/family 5K-10K Races
 \$15/person 1K Run/Walk \$35/family 1K Run/Walk

PAYMENT

Check/money order (to LA Cares) for registration included in amount of \$ _____
 I am also making a separate donation in the form of a check/
money order made out to LA Cares in the amount of \$ _____

WAIVER (MUST BE SIGNED)

I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages may have now and in the future against the County of Los Alamos, LA Cares, Ruby K's Bagel Café, Ruby K's Yum Run, and any and all other sponsors, co-sponsors, agencies, or individuals and their representative successors, officers, agents and assigns for any and all injuries, damages, and losses sustained and suffered by me as a result of my or my child's participation in this race. I understand that this release is binding upon me heirs, personal representatives, successors and assigns. I verify that I am physically fit and have sufficiently trained for competition in this event and my physical condition has been verified by a licensed medical doctor. If, however, as a result of my participation in this race, I require medical attention, I hereby give my consent to the authorized personnel of this race to seek such medical care as is deemed necessary by such authorized personnel. I understand that in the event this race cannot be held as scheduled due to circumstances beyond control, the race is not liable to refund any money paid by me to participate. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any record of this event for any legitimate purpose. I understand that the entry fee is non-refundable, and that the race numbers are not transferable. As a participating athlete, I certify that all information provided in this form is true and complete. I have read the foregoing and certify my agreement by my signature below.

SIGNATURE OF ENTRANT

SIGNATURE OF PARENT OR GUARDIAN (IF ENTRANT IS UNDER THE AGE OF 18)

REGISTRATION FORMS DONATED BY:

 **Aspen**
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