Celebrating National Nutrition Month
and Spring Eggstravaganza

10th Annual

SATURDAY, MARCH 30, 2013

Elk Grove Regional Park, Elk Grove, CA

Presented By: NADA Northern Area Dietetic Association · Cosumnes CSD

HELP US FIGHT CHILDHOOD OBESITY

All proceeds will be directed to:

- Community programs that encourage children to be active
- Scholarships for children to participate in group activities

Two chances to win an iPad®

Enter raffle and: 1) Dress as your favorite food
2) Outrun an official veggie chase veggie

RACE DAY SCHEDULE: Saturday, March 30, 2013

8:00 am 5K and Veggie Chase
9:10 am Kids' Warm-up
9:15 am ¼ mile Kids' Fun Run (5 yrs & under)
9:20 am ½ mile Kids' Fun Run (6-10 yr olds)

WHERE

Rotary Grove
Elk Grove Regional Park, Elk Grove, CA

FEATURES

- Veggie Chase - Out run the veggies for a chance to win an iPad® (see website for details)
- Separate Kids' Fun Run
- Custom T-shirts
- ChronoTrack Disposable Tag Timing
- Fueling Station - All registered participants will be provided a complimentary breakfast sponsored by local food vendors
- Free Family Fun Festival

PRE-RACE PACKET PICK-UP

Thursday, March 28th (4 pm - 7 pm)
FFriday, March 29th (10 am - 6 pm)
Fleet Feet 2311, J Street, Sacramento

Join the EGUSD Challenge

Four grants of $250.00 each will go to the classroom with the highest percentage of students and their families in either the Kids' run or the 5K . Register for the run and on race day, come to the EGUSD Classroom Challenge to check in.

FREE FAMILY FUN FESTIVAL

- Booths with nutritional information and tasting
- Inflatable Activities, Music and Games
- Enjoy activities that promote fitness for a lifetime

FEES

5K INDIVIDUAL ENTRY FEES:
Early registration fees through March 18th: $30
Late and race-day registration: $35
KIDS' FUN RUN FEES (12 & Under): $17 anytime
No Refunds

INFO

ONLINE REGISTRATION, race information and results available at **www.veggiechase.org**

RACE MANAGEMENT & TIMING by *Capital Road Race Management*

Official Entry • Veggie Chase • 5K • Saturday, March 30, 2013

Official use only

Please print clearly, one registration form per entry, photocopies OK. Please do not staple check to entry form.

Registration: 5K - postmarked by March 18, 2013: $30 • Late and race-day: $35 • Kids' Fun Run (12 & under): $17
Make checks payable to: NADA • Mail entry to: P.O. Box 161567, Sacramento, CA 95816

Circle One — On Race Day — Please indicate race (check one)

SEX M F **AGE** ☐☐ ☐ 5K Run/Walk ☐ Kids Fun Run

E-Mail Address (Important for race updates)

LAST NAME **FIRST**

ADDRESS

CITY **STATE** **ZIP**

T-SHIRT S M L XL XXL **KIDS** S M L **PHONE**

I heard about this event via: (Check all that apply)
○ U.S. Mail ○ Another running event ○ Sport store
○ Health club ○ CSD Activity Guide / CSD Event

I would like to make a donation to childhood obesity prevention programs:
○ $200 ○ $100 ○ $50 ○ Other $_____
Donations are tax deductible. Tax ID # 94-3143388

OFFICIAL WAIVER: All participants must read, understand and sign this form prior to taking part in this event. I hereby affirm that I am in proper physical condition to participate in the Veggie Chase (VC) 5K/10K and in consideration for the 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 and forever discharge the sponsors and promoters of this event including, the Cosumnes Community Services District, the City of Elk Grove, the Elk Grove Police Dept., CRRM, NADA and all sponsors, subcontractors and volunteers, which may arise from my participation in the event. In consideration and of my own free will, I for myself, my heirs, executors, administers and assigns, indemnify and hold harmless all of the aforementioned sponsors and promoters from all liability, claims, demands, actions, loss and/or damage arising out of my participation in the VC event. I also grant permission to use my picture in any broadcast, telecast, or photo taken at this event.

Signature (parent or guardian if under 18) Date

This is not an Elk Grove Unified School District sponsored program and Elk Grove Unified School District accepts no liability or responsibility for this program/activity.