



Henry Coe State Park Hunting Hollow 5K/10K Race, Fun Run and Walk

Saturday June 7, 2008 9:00 AM

Presented by **THE PINE RIDGE ASSOCIATION** - www.coepark.org

The Hunting Hollow 5K and 10K Run/Walk in Henry Coe State Park is an easy fairly flat dirt trail course through the beautiful late spring flowers, green hills and the majestic oaks, sycamores, and bay trees. In short, it is a very delightful place to be. It is a run for those with a competitive spirit and a delightful stroll through the park for those who want to walk in the woods.

Benefit: Henry W Coe State Park Visitor Center Expansion Project

Location: Hunting Hollow Park entrance on Gilroy Hot Springs Road past Coyote Lake.

5K Fun Run/Walk: Also starts at 9:00 AM from the same location, and ends at the same location as the 10K.

Parking: Volunteers will be available to help you park. Parking is limited. Carpool if possible.

Register by mail: Complete and sign entry form. Include a stamped self addressed 4x9 envelope with check payable to **Pine Ridge Association**.
Mail to: Hunting Hollow 5K/10K Run/Walk, 1482 La Paz Court, San Jose, Ca 95118

Register online: at www.coepark.org/hh-10k.html (or download an entry form)

Divisions: M&F: Under 14, 14-19, 20-29, 30-39, 40-49, 50-59, 60+. Awards to first three finishers in each division.

Information: kfhowell@pacbell.net 408-267-4729 or 408-779-2728

FEES

Early Registration \$25
Late Registration (online only) \$30
Race Day Registration \$35

Early Registration ends 5/31
Last postmark for mail-in entries: 5/31
Late registration ends 6/06 at noon

Race Day Registration 7:45 to 8:45 am

Registration includes: T Shirt
Tax deductible gift of \$10
Park Use Fee of \$4

Entry is limited to the first 250 registrants

Sex: M__ F__ Age on Race Day____ 5K__ 10K__ T Shirt Size: S__ M__ L__ XL__ XXL__

First Name: _____ Last Name: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Phone: _____

Please read the following legal information carefully and sign below.

I know that running a trail race is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained. I assume any and all risks associated with running in this event, including, but not limited to falls, contact with other participants, the effects of weather, and trail conditions, all such risks being known to me and appreciated by me. In consideration of acceptance of my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and I unconditionally waive and release and discharge the race officials, volunteers, and any and all sponsors, including any of their agents, employees, assigns, or anyone acting for or on their behalf, from any claim or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event, whether same be caused by negligence or fault. This release and waiver extends to all claims whatsoever, foreseen or unforeseen, known or unknown.

Participant's signature _____ Date: _____

Parent/Guardian signature _____ Date: _____