

NAME (Last, First)

GENDER (M/F) AGE (Race/Day) SHIRT SIZE S|M|L|XL|XXL

5KRun

.....  
 .....  
 .....  
 .....

10KRun

.....  
 .....  
 .....  
 .....

5K Fun Walk

.....  
 .....  
 .....  
 .....

**Entry Fees**

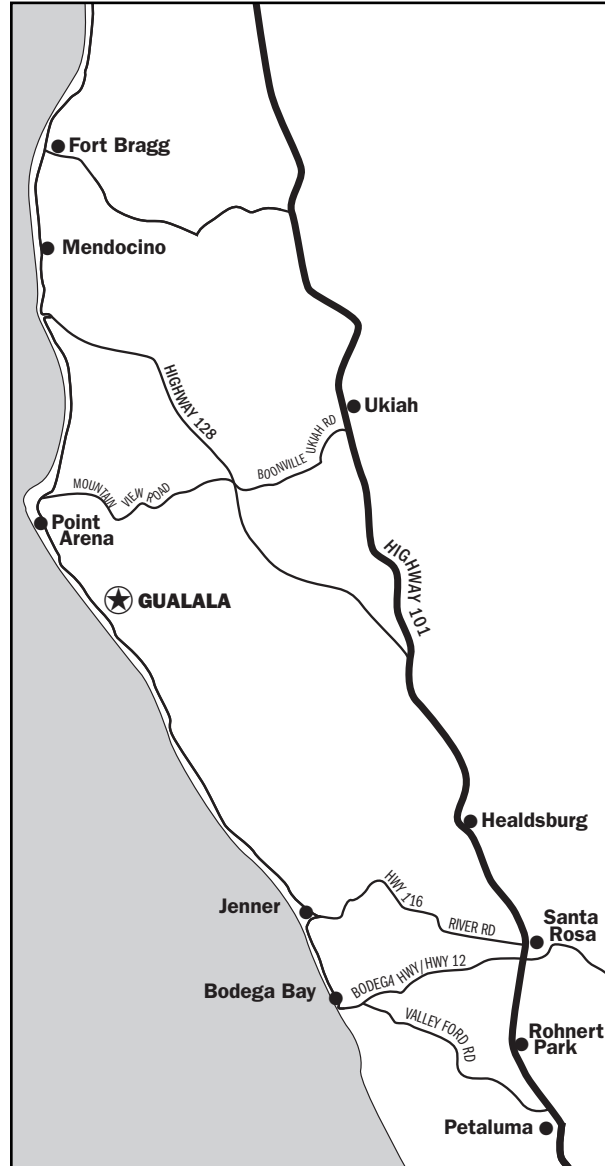
EVENT	#PARTICIPANTS	FEE	TOTAL
5K/10K Competitive Run	.....	x\$30 =	.....
5K Fun Walk	.....	x\$25 =	.....
Age 18 and under (all events)	.....	x\$10 =	.....
5K Fun Walk Family Pack*	.....	x\$45 =	.....
Big Raffle Tickets**	.....		.....
Donation to Action Network (optional)	.....		.....
<b>Total Enclosed</b>	.....		.....

\*List family members' names and shirt sizes.  
 Contact info@actionnetwork.info or  
 707-884-5413 for more information

\*\*Big Raffle tickets: \$5 each or 5 for \$20, staff will  
 complete ticket coupon and provide ticket stubs in  
 your registration packet.

**Driving Directions**

**From Mendocino and North** Take HWY 1 south to the town of Gualala. At the south end town, 0.1 miles south of the Gualala Hotel, turn LEFT on OLD STATE HWY. Follow Old State Hwy approximately 0.3 mile and turn RIGHT at the sign for GUALALA ARTS CENTER. The Start/Finish is at the Gualala Arts Center, 46501 Gualala Rd., Gualala CA 95445.



Saturday

October 17, 2009

9:00 am – 5 & 10K Runs  
 & 5K Fun Walk

Benefiting



Family Resource Centers  
 Gualala and Point Arena, CA

**Special Events**

*Bodies in Motion* Art Show  
 October 16 – 17  
 Also Benefiting Gualala Arts  
 Basta Pasta Dinner & Salad Bar  
 Friday, October 16  
 5:00 – 7:00 pm

## The Courses

**The 5K Run and Fun Walk** is an out-and-back course that follows the scenic Gualala River along a paved road through a majestic redwood forest.

**The 10K Run** is an out-and-back course which follows the Gualala River along a redwood shaded, paved road for 1.6 miles then a firm, gravel road leads runners into a majestic redwood forest.

5K/10K Runs are USA Track & Field sanctioned events.

Strollers encouraged for the Fun Walk but no bicycles, skateboards, skates or pets allowed on the course.

## To Participate

Complete the Registration section of this form and mail to Action Network or use the online registration at: [www.active.com](http://www.active.com)

## Race Day Information

Event Date: Saturday, October 17, 2009

Where: Gualala Arts Center  
46501 Gualala Road  
Gualala, CA 95445

7am – 8:30am Day of Registration and Pre-Reg Bib pick-up (If you have your Bib from early check in go straight to Start Line)

9:00am Start Time

9:30 – 10:30am Art Show & Healthy Snacks

10:30 – 11:30am Award Ceremony  
5K&10K Runs, medals 1st – 3rd all categories. Trophies 1st Male and Female in 5K and 10 Runs

Race Results: Posted Race Day and on [www.actionnetwork.info](http://www.actionnetwork.info)

Questions: [info@actionnetwork.info](mailto:info@actionnetwork.info) or 707-884-5413



Family Resource Centers

*Providing Positive, Creative and Fun Youth Activities  
as a Strategy to Prevent  
Alcohol and Drug Use by Youth.*

**Funds raised will help children ages 0 – 5 and over 500 kids who attend local schools through the Across Ages and Cultures Substance Abuse and Violence Prevention Programs including:**

- Infant Care and Breastfeeding Support
- Playgroups for kids age 1 – 5
- Folkloric Dance Club
- Youth Court for High School Students
- Mentoring Programs
- Social-emotional skill building
- After School Activities at the Tribal Center
- Parenting Classes and Family Support

## Big Raffle

Vacation Getaway Packages at local resorts, B&Bs, dining, recreation activities and more. Ticket drawing at award ceremony. Tickets are one for \$5 or 5 for \$20. Proceeds benefit Action Network.

## Art Contest

Theme: *Bodies in Motion*—Winners to be announced during the Basta Pasta Dinner, Friday, October 16, 5 – 7 p.m.

## 2009 Gualala River Run/Walk Registration Form

(Detach and return this form)

Turn over to add more entrant names

Name .....

Address .....

City .....

State ..... Zip .....

Phone .....

Email .....

Awards: Medals three deep in all age divisions.  
(not applicable to Fun Walk)

**Age Divisions** Male and Female

- 10 and Under
- 11 – 15
- 16 – 19
- 20 – 29
- 30 – 39
- 40 – 49
- 50 – 59
- 60 – 69
- 70 – 79
- 80+

Complete both sides of this Registration Form, sign Waiver, cut off and mail with your non-refundable check to:

**Action Network/Gualala River Run  
PO Box 1163  
Gualala, CA 95445**

**Waiver:** In consideration of your accepting this entry, I intend to be legally bound hereby for myself, my heirs executors and administrators, waive and release forever any and all rights and claims for damages I may accrue against the persons and the organizations affiliated with the race and all injuries arising from my participation with the Action Network Gualala River Run, October 17, 2008 or en route to or from the event. I attest and verify that I am physically fit and sufficiently trained to safely complete the race. I understand that the entry fee is nonrefundable and the assigned numbers are nontransferable. As part of the waiver acknowledge that I have read and understood all of the above.

Signature .....  
(Required for all Adults and Parents or Legal Guardians of children under 18)

Date .....

(Turn over to complete this registration form)