


MOON VALLEY Grasshopper Bridge 5K

Benefiting
 PHOENIX CHILDREN'S Hospital
 Saturday, September 25, 2010 7AM

This USATF certified 5K (3.1 mile) Run and Walk starts at 3rd Ave and W. Betty Elyse in Phoenix and winds through residential streets and park grass, traversing *under and over* the famous Grasshopper Bridge and finishing in fabulous Moon Valley Park. **IMPORTANT!! Arrive by going south on 7th Ave from Greenway Pkwy or Loop 101 to W. Coral Gables Dr. OR W. Coral Gables Dr. from W. Thunderbird Rd.**

NOTE: E. Coral Gables Dr. from 7th St. will be closed at Moon Valley Drive. Park at St. Paul's Church, 330 W. Coral Gables Dr. (just east of the Park) or at The Church of Jesus Christ of Latter-Day Saints, 325 W. Coral Gables Dr.
 Rain or Shine

***** 5th Year *****

Packet Pick-up & In-Store Registration: Friday, Sept 24th at **Strapped Jock**, 3522 W. Calavar (1 block N of Thunderbird Rd just west of 35th Ave. 602-547-0699) between the hours of 11am and 6pm.
Race Day Packet Pick-up, Chip Pick-Up (Runners only) & Registration: St. Paul's parking lot (330 W. Coral Gables Dr., Phoenix) starting at 5:45am – Register early by **9/12** by mail or at www.arizonaroadracers.com or www.getsetaz.com to save \$\$

5K Race Awards (no duplicates): Top three (3) Overall Male/Female
 Top three (3) in Age Groups Male/Female
 14-Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-Plus

Course Records: (Open) Obed Mutanya 15:03 (2007); Kristina Vanderhout 18:44 (2008)
 (Masters) Martin Barrios 15:44 (2007); LJ Egbert 19:19 (2007)

Jerry Golden
 7th St & Thunderbird
FASTFRAME
 EXPERT PICTURE FRAMING

Awards design by **FastFrame @ 7th St and Thunderbird Rd**
 T-shirt design by Moon Valley artist Frank Ybarra (www.ybarraart.com)



EST. 1982

buy faster shoes

Strapped Jock
 3522 W. Calavar
 Phoenix
 1 block North of
 Thunderbird Rd
 just west of 35th
 Ave.
 602 547-0699

----- Cut along dashes ---- Save **IMPORTANT** Race Day information above -----

Entry Form

First Name Last Name

Address Apt.#/Suite

City State Zip or Postal Code

E-Mail Address

Champion Chip Number (If you own your own timing chip) Home Phone:

RELEASE FORM MANDATORY - All forms **MUST** be signed to enter the event. No entry will be accepted without payment. **NO REFUNDS.** In consideration of accepting this entry, 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 losses and damages I may have against the directors and volunteers, Phoenix Children's Hospital or Foundation, Arizona Road Racers, the City of Phoenix, and any and all sponsors and other parties and their representative successors and assigns for any and all injuries suffered by me or my person or property, real or personal, whether known or unknown, foreseen or unforeseen in said event. I attest and verify that I am physically fit and have sufficiently trained for competition in this athletic event and competition which I am voluntarily entering at my own risk. My physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of me or this event for any purpose whatsoever. **I understand that I MUST return the CHAMPIONCHIP timing device issued to me or I will be liable for a \$35 replacement fee - (only runners receive timing chips).**

Signature of athlete _____ Date _____ Signature of parent (if under 18) _____ Date _____

ENTRY FEES

5K Run – 7AM Start	\$20 until 9/12	After 9/12 and Race Day - \$25
5K Walk – 7AM Start	\$20 until 9/12	After 9/12 and Race Day - \$25
SPECIAL PRICING	WALK ONLY	Children 10 and under FREE! (no tshirt) with paying adult walker



NO DOGS, please. Strollers, baby-joggers OK for the WALK only. Thank you!

EVENT: ___ 5K Run ___ 5K Walk **AGE ON RACE DAY:** _____ **GENDER:** M F

T-SHIRT SIZE (Adult Sizes): Small Medium Large X-Large XX-Large




Check payable to: **Moon Valley Grasshopper Bridge 5K**

Mail To: Arizona Road Racers
Moon Valley Grasshopper Bridge 5K
 P.O.Box 37876
 Phoenix, AZ 85069-7876

Contact: Paul Ruckel email: pruckel@cox.net

Race Entry \$ _____

Additional Donation (tax-deductible) to  \$ _____

Total enclosed (Thank you!!) \$ _____