


# 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 3<sup>rd</sup> 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 7<sup>th</sup> Ave from Greenway Pkwy to W. Coral Gables Dr. OR W. Coral Gables Dr. from W. Thunderbird Rd. NOTE: E. Coral Gables Dr. from 7<sup>th</sup> 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 at 325 W. Coral Gables Dr.

Rain or Shine

\*\*\*\*\* 5<sup>th</sup> Year \*\*\*\*\*

**Packet Pick-up & In-Store Registration:** Friday, Sept 24<sup>th</sup> at **Strapped Jock**, 3522 W. Calavar (1 block N of Thunderbird Rd just west of 35<sup>th</sup> 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](http://www.arizonaroadracers.com) or [www.getsetaz.com](http://www.getsetaz.com) to save \$\$

**Race Awards (no duplicates):** **Top three (3) Overall** Male/Female  
**Top three (3) in 5-Yr 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  
 7<sup>th</sup> St & Thunderbird  
  
 EXPERT PICTURE FRAMING

**Awards design by FastFrame @ 7<sup>th</sup> St and Thunderbird Rd**  
**T-shirt design by Moon Valley artist Frank Ybarra ([www.ybarraart.com](http://www.ybarraart.com))**



EST. 192

BUY FASTER SHOES

**Strapped Jock**  
 3522 W. Calavar  
 Phoenix  
 1 block North of  
 Thunderbird Rd  
 just west of 35<sup>th</sup>  
 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

<b>5K Run – 7AM Start</b>		<b>\$20 until 9/12</b>	<b>After 9/12 and Race Day - \$25</b>
<b>5K Walk – 7AM Start</b>		<b>\$20 until 9/12</b>	<b>After 9/12 and Race Day - \$25</b>
<b>SPECIAL PRICING</b>	<b>WALK ONLY</b>	<b>Children 10 and Under FREE (no t-shirt) w/ paying Adult.</b>	



**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](mailto:pruckel@cox.net)

Race Entry \$ \_\_\_\_\_

Additional Donation (tax-deductible) to \$ \_\_\_\_\_

 **PHOENIX CHILDREN'S Hospital**

**Total enclosed (Thank you!!) \$ \_\_\_\_\_**