

**WAIVER:** I hereby release Orange Coast College, County of Orange, the City of Costa Mesa, Orange Coast College Track & Field Team and all other sponsoring company(ies) or agency(ies) or individual (s) involved in the event from responsibility for any injuries or damages I may suffer as a result of my participation in The President's Day 5K Run.

I hereby consent to received medical treatment which may be deemed advisable during this event and understand that I am solely responsible for all costs relating to medical transportation and/or evacuation. I will additionally permit the use of my name and pictures, broadcasts, telecasts, newspapers brochures, etc. and I also understand that the numbers are not transferable. As a participating athlete, I certify that I am in good health to participate in this event race and that all information provided in this form is true and complete.

\_\_\_\_\_  
SIGNATURE OF ATHLETE (OR PARENT IF ATHLETE IS UNDER 18)

\_\_\_\_\_  
DATE

**Directions From the 405  
(San Diego) Freeway:**

1. In Costa Mesa, exit Fairview Road, South.
2. Proceed South on Fairview for just over ¼ of a mile to Adams Avenue.
3. Turn right (West) on Adams.
4. Orange Coast College is now on your left.
5. Proceed West on Adams approx. ¼ of a mile to College Entrance.
6. Turn left into the OCC/Adams Ave. parking lot.



ORANGE COAST  
COLLEGE



Track & Field  
*Presents*  
The President's Day  
5K Fun Run  
Monday  
February 16, 2009  
9 AM Start

# Orange Coast College Track & Field Presents

## The President's Day 5K Run Monday, February 16, 2009

*Come join the fun  
Race, Run or Walk*

*While supporting a fundraising effort for the  
2009 OCC Track & Field Team*

**Race time:** 9am – 5K run/walk  
Race day parking on campus is free.  
Use Adams parking lot off Adams  
Avenue located between Fairview and  
Harbor.

**Course:** A fast, flat 5K course starting on the  
Track and finishing in the Football  
Stadium, the course will run through  
the OCC Campus and parking lots.  
Race day check-in/staging will take  
place in the Fitness Complex Gymna-  
sium.

### Registration Procedures

**By Mail:** Early Mail in registration  
\$20 per individual includes  
a race T-Shirt.

#### Make Check Payable to: "OCC Track & Field"

Mail this entry form and your entry fee  
check by 02/06/09 to:

Orange Coast College  
Track & Field, Attn: John Knox  
2701 Fairview Road,  
Costa Mesa, CA 92628

### Registration Procedures (continued)

**Race Day:** \$25 per individual includes a race T-  
Shirt. In person  
registration on the morning of the  
race from 6-8am in the  
Fitness Complex Gymnasium.  
**Cash or Check payable to "OCC  
Track & Field"**

**T-Shirt:** Pick up your race bib number and T  
-Shirt, between 6-8am  
in the Fitness Complex  
Gymnasium.

### Race Day Awards:

Top 3 finishers Male/Female,  
In the following Age Categories:  
11 & under      12-14  
15-18              19-24  
25-29              30-34  
35-39              40-44  
45-49              50-54  
55-59              60-64  
65-69              70-74  
75+



**Information:** If additional information needed  
please call Head Track & Field  
Coach John Knox  
@ 714-432-5890  
or Assistant Coach  
Dave Fier @ 949-631-6441

**MAIL IN ENTRY FORM—Please Print legibly—Mail entry form and fee to:**

Orange Coast College, Attention: John Knox, 2701 Fairview Road, Costa Mesa, CA 92628

President's Day 5K ~ February 16, 2009 @ 9:00AM

Make checks payable to: "OCC Track & Field"

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_ S/M/L/XL      Sex: \_\_\_\_\_ M \_\_\_\_\_ F

Office Use Only # \_\_\_\_\_

Mail In Fee \$20 \_\_\_\_\_

Race Day Fee \$25 \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

**SIGNATURE REQUIRED ON WAIVER FORM ON THE REVERSE SIDE OF THIS FORM!**