

MIDWAY SHELTER RUN and WALK

5K Run and 1 Mile Walk

Free $\frac{1}{2}$ mile run for children 11 years or younger

**Proceeds to benefit Alameda's Midway Shelter
for homeless women and children.**

Saturday, December 3, 2016, 9:00 AM

Starts/Ends at the
Harbor Bay Ferry Terminal - Bay Farm Island, Alameda, CA

Adults \$20, Youths (18 and under) \$15.

Registration fees are for pre-registration and race day registration.

First 100 persons registered get t-shirts.

Mail Checks payable to Island City Runners to:

Midway Shelter Run, c/o Island City Runners

PO Box 1493, Alameda, CA 94501

**Sponsored by: Bank of Marin, First Community Bank, Kiwanis Club of Alameda
Bay Ship and Yacht, Ed Jay Photography, MJS Solutions**

For more information or to register www.AlamedaRACE.com

Or contact Mark Hovermale at 510-523-2647, MarkHovermale@comcast.net

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Last Name: _____ First Name: _____

Address: _____

City: _____ : State: _____ ZIP: _____ Phone Number: _____

Email Address: _____ Age(on race day): _____ Date of Birth: _____ Sex: M F

(circle one) Event: 5K Run 1 Mile Walk Shirt Size: S M L XL Club Affiliation: _____

In submitting this application, I agree to accept and abide by all the rules and regulations of this event. I further agree to release the Alameda Homeless Network, the City of Alameda, the Harbor Bay Business Park, G&S Management, WETA, and the Mayor's Committee for the Midway Shelter, its employees and all volunteer workers from any responsibility for loss, damage to , injury to person or property from my/our participation in this event. I further affect that I am physically fit and sufficiently trained for this event. As part of this waiver, I acknowledge that I have read and understood all of the above.

Signature (parent/guardian if runner is under 18 years) _____ Date _____