



Alameda Mayor's Fourth of July Parade R.A.C.E. (A Ralph Appezato Charity Event)

*A run and walk to benefit the
Midway Shelter for Women and Children*

9:00AM on July 4
Run or walk the R.A.C.E. and then watch the parade.

Register online at www.AlamedaRACE.com or mail this form.

Like us on Facebook: www.facebook.com/AlamedaRACE/

LOCATION: Starting Line in front of the Lauren's Closet, 1420 Park Street, between Santa Clara and Central Avenues. Finish Line is at Webster and Haight Streets. R.A.C.E day registration starts at 7:30 AM. T Shirt and Bib pick up at Lauren's Closet for those registering by June 28.

COURSE: 5 K (3.1 mile) flat course for both runners and walkers through Alameda along the Mayor's 4th of July Parade Route. **Electronic timing provided by SVE Timing Service.**

AWARDS: Medals for the top 3 men and top 3 women in the following brackets: 18 and under, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+. **The first 500 to register will receive T shirts.**

INFORMATION: www.AlamedaRACE.com or contact Mark Hovermale at 510-523-2647, MarkHovermale@comcast.net.

REGISTRATION FEE: \$25 pre-registered and \$30 RACE day, Active Military \$20, Youth (18 and under) \$15.

Make checks payable to: Island City Runners Mail to: Alameda RACE, c/o Island City Runners,
P.O. Box 1493, Alameda, CA 94501

(Cut here and Mail in)

I am registering for the Alameda Mayor's 4th of July Parade RACE.

Run _____ Walk _____
(Circle One)

Bib # _____
Filled in by Staff

Amount Enclosed: \$ _____

Name _____ Sex _____ T Shirt Size: S M L XL
(Last) (First) (M/F) (Circle One)

Address _____

City _____ State _____ Zip _____

E-Mail _____ Age on Race Day _____

Phone Number _____ Club or 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, Mayor's 4th of July Parade Committee or any of its members, the City of Alameda, 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.

Signature (parent/guardian if runner is under 18 yrs.)

Date