

CHRISTMAS MORNING COOL YULE JINGLE JOG

Prepare Your Mind and Body for Christmas Dinner.

5K WALK/RUN—10K RUN

On the Bear River Canal Scenic Greenway

Where: Meadow Vista Park. Take Interstate 80 to the Meadow Vista exit; turn north (left if eastbound, right if westbound) onto Placer Hills Road. Go approximately 2.2 miles to left turn at gas station onto Meadow Vista Road. Go approximately 0.1 mile to left turn into park. Take a gander around for the registration table & waddle on up.

When: Dec 25th: registration: 10 AM; races start: 10:30 AM

Fee: \$30 until 7 days before race. \$35 thereafter.

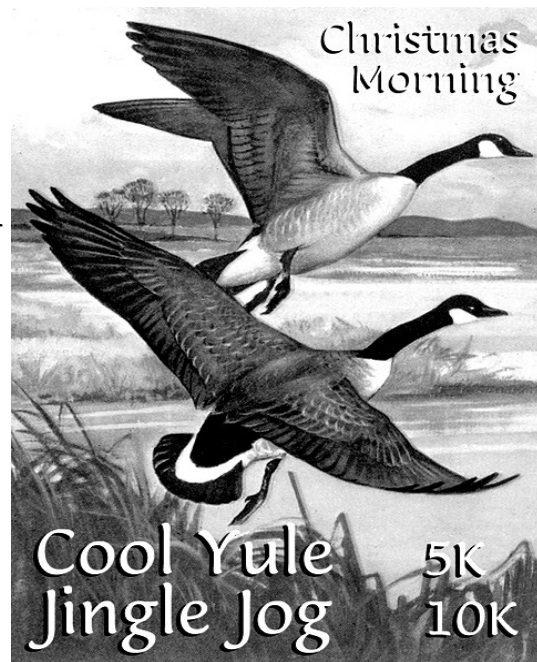
Courses run together, except that a paved segment of the 5K shortcuts a long, mostly unpaved loop of the 10K. The 5K has 1 mile of trail on the scenic well-drained downhill berm of the Bear River Canal. The 10K has 3 1/2 miles of very scenic unpaved road and trail, alternating between one and the other side of the canal, with occasional mild muddy spots after rains. Both courses are gently rolling through the bucolic valleys and low wooded hills of Meadow Vista, with two moderately-steep 100-yard uphill and a grass finish in the park.

Rules: Start on time or shortly thereafter, follow marked courses, wear bells (provided) on shoes. Walkers may not participate in the 10K. Dogs must stay in vehicles until all runners are gone. Dog start is 5-10 minutes later.

Awards: Blue, Red or Green long-sleeve T-shirts to all runners, featuring art print of Canada geese.

Large Living Bouquets from Eislely Nursery in Auburn & certificate: first man and woman, both races.

Small Living Bouquets from Eislely Nursery in Auburn & certificate to 1st, 2nd & 3rd place in all divisions.



Event Application—circle all appropriate categories. Gender: male or female. Race: 5K or 10K.

Age Divisions: 12 & under....13-16....17-19....20-29....30-39....40-49....50-59....60-69....70-79....80+...with Dog

Adult Long-sleeve T-Shirt Size: S M L XL

Email.....

Name Age on Race day..... phone.....

Addressown.....state.....zip.....

Make checks payable to **Placer Trails Conservancy**: \$30 postmarked or delivered by 12/18, \$35 thereafter.

Mail to: H Gordon Ainsleigh DC, PO Box 1087, Meadow Vista CA 95722 (530) 878-1901, 878-8692

Waiver of Liability: Intending to be legally bound, I hereby waive all legal rights I may have against any persons/organizations/governmental bodies or permissive landowners involved in this event, due to injury or damage or dissatisfaction resulting from this event in any way, including negligence. I attest that I am physically fit and have conditioned sufficiently to participate at the distance and speed at which I will choose to run or walk. Because there are so many unknowns involved in producing and participating in such an event, I specifically waive my rights to unknown claims. I authorize the use of my photographic image for publicity & education. Dog/pet owners/handlers hereby accept full legal responsibility for all actions of their pets.

Signature: **Date**

(PARENT / GUARDIAN MUST SIGN IF ENTRANT IS UNDER 18 YEARS OF AGE)