



# 25th ANNUAL RUN FOR HEALTH

**5K, 10K and One Mile Run & Walkers Welcome for One Mile or 5K**  
**Proceeds to Benefit the Stanislaus Health Foundation**

<b>WHEN:</b> Saturday, April 14, 2012 at 8:45 am (1mile) & 9:30 am (5K & 10K)	<b>ENTRY FEE:</b> \$20.00 By Wed., 4/4/12 \$25.00 Race Day \$10.00 Kids 12 & Under
<b>WHERE:</b> East La Loma Park, Modesto (see directions on back)	<b>PRIZES:</b> Awards to top finishers & Post-Race Raffle Free T-Shirts while supplies last!
<b>REGISTRATION:</b> Starts at 7:30 am – 8:30 am	

**Brought to you by:**



Valley Consortium for  
Medical Education



Please complete & return below

## REGISTRATION FORM

Name:	Age:	<input type="checkbox"/> Male <input type="checkbox"/> Female	For Official Use Only Bib #
Address:	City/Zip:		
Email Address:	Phone #:		

Division: (please select & check appropriate boxes)

1 Mile	<13	13-19	20-29	30-39	40-49	50-59	60-69	70-79	80+
5K	<13	13-19	20-29	30-39	40-49	50-59	60-69	70-79	80+
10K	<13	13-19	20-29	30-39	40-49	50-59	60-69	70-79	80+
Circle Shirt Size:	Small	Medium	Large	XL	XXL	XXXL	Child 10-12		

**Check Made Payable to:** Stanislaus Health Foundation

**Mail To:** Valley Family Medicine Residency of Modesto, P.O. Box 3006 Modesto, CA 95353

**For more information contact:** Michele Helwick at (209) 576-3526

**Need more registration forms?** Go to [www.hsafoundation.org](http://www.hsafoundation.org) or [www.shadowchase.org](http://www.shadowchase.org)

**Release Waiver & Assumption of Risk:** I hereby waive any & all rights of claims for damages that may accrue against VCME, Stanislaus Health Foundation, Valley Family Medicine Residency, the run organizers, volunteers, sponsors & the City of Modesto/Dept. of Parks & Recreation. I further attest & verify that I am physically fit & trained for this competition.

**Signature:** \_\_\_\_\_  
 (Parent/Guardian if under 18)

**Date:** \_\_\_\_\_

## **DRIVING DIRECTIONS**

**EAST LA LOMA PARK  
2001 EDGEBROOK DR.  
MODESTO, CA 95354**

### **FROM CA- 99 NORTH:**

**Take CA-99 NORTH  
Take the CENTRAL MODESTO exit.  
Turn RIGHT/NORTH onto G ST.  
Veer LEFT/NORTHWEST onto BURNEY ST.  
Veer RIGHT/EAST onto SCENIC DR.  
Turn RIGHT/SOUTH onto EL VISTA AVE.  
Turn RIGHT/WEST onto EDGEBROOK DR.  
Arrive at 2001 EDGEBROOK DR., Modesto, CA.**

### **FROM CA-99 SOUTH:**

**Take CA-99 SOUTH  
Take the CENTRAL MODESTO exit.  
Turn RIGHT/NORTH onto G ST.  
Veer LEFT/NORTHWEST onto BURNEY ST.  
Veer RIGHT/EAST onto SCENIC DR.  
Turn RIGHT/SOUTH onto EL VISTA AVE.  
Turn RIGHT/WEST onto EDGEBROOK DR.  
Arrive at 2001 EDGEBROOK DR., Modesto, CA.**

### **FROM 830 SCENIC DR., MODESTO:**

**Go EAST on SCENIC DR. towards OAKDALE RD./EL VISTA AVE.  
Turn RIGHT/SOUTH on EL VISTA AVE.  
Turn RIGHT/WEST on EDGEBROOK DR.  
Arrive at 2001 EDGEBROOK DR., Modesto, CA.**