



HOOK & LADDER

5K 10K KIDS FUN RUN

10th ANNUAL RUN
JUNE 10
SUNDAY 2018

Livermore-Pleasanton Firefighters Foundation



- Start Time:** 8:00 am 5K and 10K (Check-in: 6:30 am to 7:45 am)
- Place:** Wente Vineyards - 5050 Arroyo Road, Livermore, CA 94550
- Benefits:** The Livermore-Pleasanton Firefighters Foundation is a non-profit 501(c)3 that supports: Injured and Fallen Firefighters, Burn Foundation and Local Charities in the Tri Valley.
- Course:** The 5K is a run/walk that is 50% paved, 50% dirt road, and is stroller friendly. The 10K is 90% dirt road and 10% paved road. Strollers are not allowed in the 10K. Both runs travel through Sycamore Grove Park and are very flat with only one hill on the 10K. No dogs.
- The Kids 1 Mile Fun Run (for ages 12 & under) will take place at Wente Vineyards at 9:30 a.m. Finisher ribbons, ice cream and fire prevention material for all kids.
- Send To:** "On Your Mark" P.O. Box 1199 Arnold, CA 95223
Make checks payable to: **Livermore-Pleasanton Firefighters Foundation (LPFF)**
- Bib Pickup:** All participants can pick up their race packet and T-shirt at Fleet Feet Sports, 234 Main Street, Suite A, Pleasanton, Friday, June 8th through Saturday, June 9th at noon.
- Awards:** 3 deep in each age group (M & F) 12 and under, 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ (Special prizes for top 3 Male and Female race winners 5K and 10K RUN)
Top 20 Male and Female both 5 and 10K receive a "TOP TWENTY" technical T- shirt
Special top 3 Firefighter overall awards both 5 and 10K
Great Raffle prizes eligible to all runners and additional tickets available for purchase

Water and refreshments will be provided at the end of the race. Wente Vineyards will have additional food and wine tasting for purchase. No picnicking. WAIVERS SIGNED AT PACKET PICKUP OR RACE DAY

Registration opens March 1st and closes June 4th or when 1,500 entries have been received. So sign up early!

LAST NAME _____ FIRST NAME _____

STREET _____ CITY _____

STATE _____ ZIP _____ PHONE () _____ M F Y N
CIRCLE ONE AGE FIREFIGHTER?

E MAIL ADDRESS _____

SELECT EVENT

REGISTRATION DATE:	through 3/31	4/1 - 4/30	5/1 - 5/30
5K RUN/WALK	\$30	\$40	\$45
5K 17 & UNDER	\$20	\$30	\$35
10K RUN	\$35	\$45	\$50
10K 17 & UNDER	\$25	\$35	\$40
1-MILE KIDS RUN	\$10	\$12	\$15

ADDITIONAL TAX DEDUCTIBLE DONATION _____

TOTAL _____

T-SHIRT

YOUTH	S	M	L		
REGULAR	S	M	L	XL	XXL

Additional forms or register online
www.onyourmarkevents.com