

# Friends of La Serna 5K Run/Walk • Saturday, November 15, 2014



The Friends of La Serna proudly presents its 17<sup>th</sup> Annual 5K Run/Walk. All proceeds from this event will benefit La Serna High School curricular, co-curricular, and extra-curricular activities. Thank you for your support!

## RACE DAY SCHEDULE

- 6:15 a.m. Registration begins. Race bibs and t-shirts issued.  
7:30 a.m. 5K Run/Walk begins • Awards' Ceremony to follow.  
*Refreshments and sports massage provided near the finish line!*

*Lots of Fun for the Entire Family! Zumba Warm-Up, Raffle Prizes, Awards Baskets and more!*

## **PARKING:**

You may park in the high school parking lot, 15301 E. Youngwood Drive, Whittier, CA. The race starts and ends at La Serna High School, near the school's tennis courts.

## **COURSE & DISTANCE:**

The 3.1 mile course goes a short distance west on Youngwood, turns south (left) on La Serna Drive, left on El Venado, left on Janine Dr, left on Bogardus which turns into Grovedale, and right back onto Janine Dr, right on El Venado, right on La Serna, right on Youngwood to the finish line.

## **AWARDS:**

Medals are awarded to top 3 male and female participants in each division. Additional medals and special prizes will be awarded in larger divisions.

## **ENTRY FEES**

**\$35 Adult**

**\$30 Early Registration (Before 11/1/14)**

**\$25 Students**

**Enter a chance to Win (2) Disneyland Tickets by registering [Online](#) before 10/25/14 midnight.**

**Race day: add \$5 to General Registration!** We hope to provide a t-shirt to all entrants, but cannot guarantee a size if you register late!  
To guarantee a t-shirt, completed entry forms must be received by 11/1/14. Later entrants will be given t-shirts *until supplies last*.

Please make your non-refundable check payable to: Friends of La Serna and mail to:  
Friends of La Serna • c/o La Serna High School - 5K • 15301 E. Youngwood Drive • Whittier, CA 90605

## **SPONSORSHIP LEVELS ALSO AVAILABLE**

- CRIMSON \$1,000       GOLD \$500       LANCER \$250       FAMILY \$100

✂Cut here

For complete sponsor information please email: [laserna5k@gmail.com](mailto:laserna5k@gmail.com)

## **ENTRY FORM** (to guarantee a t-shirt mail-in entry forms must be received by **11/01/14**)

On-line Registration available at [www.Laserna5k.racewire.com](http://www.Laserna5k.racewire.com)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**\*\$5.00 of your entry fee may be donated directly to the LSHS team/group/club of your choice. Please indicate the La Serna High School Organization you wish to represent:** \_\_\_\_\_

T-Shirt Size: (circle one) Youth: Large      Adult: Small    Medium    Large    X-Large    XX-Large

Male: \_\_\_\_\_ Female: \_\_\_\_\_      Date of Birth (MM/DD/YY): \_\_\_\_/\_\_\_\_/\_\_\_\_

Age Division (circle one) :    10 and Under    11-13    14-16    17-19    20-29    30-39    40-49    50-59    60-69    70+

- \$35 General Registration**     **\$30 Early Registration (prior to 11/01/14)**     **\$25 Students**

**Waiver:** In consideration of my voluntary participation in this event, I, the undersigned, hereby acknowledge that I knowingly and voluntarily assume all risks of bodily injury, personal injury, property damage, or wrongful death that may arise out of or in any way be connected with this event. I acknowledge that I am in good physical condition for this event. I, for myself, my heirs, executors, administrators and assigns, hereby release, waive, discharge, and relinquish any action or causes of action aforesaid, which may hereafter arise for me and for my estate, and agree that under no circumstances will I or my heirs, executors, administrators and assigns prosecute or present any claim for bodily injury, personal injury, property damage, or wrongful death against the Friends of La Serna and/or the Whittier Union High School District or any of their officers, agents, servants, or employees for any of said causes or action, whether the same shall arise by the negligence of any of said persons, or otherwise. I give my permission for the free use of any photographs, videotapes, or other recordings of me that are made during the course of this event. I acknowledge that I have read the foregoing paragraph and understand the contents thereof.

Signature \_\_\_\_\_ Date \_\_\_\_\_ (Parent or Guardian if entrant is under 18)