

South Pasadena High School Booster Club presents



The Tiger Run

www.SPTigerRun.com



5K and 10K Run/Walk, plus 5K Wheelchair and Tiger Cub Run

Saturday, December 4, 2010

Course:

The 5K is a fast, flat course through the tree-lined streets of South Pasadena, starting at the high school. The first half of the 10K covers the same ground as the 5K, then veers off on a hilly, challenging course through South Pasadena's Monterey Hills.

Features:

- USATF Sanctioned event
- Beautifully designed long-sleeved Tiger Run Logo T-shirt
- Have fun while supporting SP High School athletic teams
- 32 race categories

New Features:

- Scanner timing system for all 5K/10K runners
- Computerized timing splits at first three mileage markers
- Expanded food court (full breakfast available for purchase)

Tiger Cub Run:

For age 10 and under Tiger Cubs, a one-lap fun run around the SPSHS track. Short-sleeved T-shirts and awards for every runner.

Registration Fees:

"Early Bird" discount: (postmarked or online by Nov. 20)

\$20.00 – includes Tiger Run Logo T-shirt

\$15.00 – without T-shirt

Regular registration: (postmarked or online after Nov. 20)

\$25.00 – includes Tiger Run Logo T-shirt

Tiger Cub run: \$10.00 – includes Tiger Cub Run T-shirt

Race Packet Pick Up:

Packets may be picked up in the SPSHS cafeteria on Dec. 3 from 3:00 to 8:00 p.m. or "day of race" Dec. 4 from 6:00 to 7:30 a.m.

For more information, contact Race Director Jose Zavala at JXZavala@sbcglobal.net or visit SPTigerRun.com

Awards and drawing prizes will be presented immediately following the 10K. Winners must be present to collect awards/prizes.

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Mail entry to: Tiger Run c/o Catherine Landeros 2070 Milan South Pasadena, CA 91030 **Make checks to SPSHS Booster Club**

NAME: _____

RACE: ___ 5K ___ Cub Run
 ___ 10K ___ Wheelchair

ADDRESS: _____

DIV: ___ Elem ___ 40-44
 ___ Mid. Sch. ___ 45-49
 ___ High Sch. ___ 50-54

CITY: _____ **ST:** _____ **ZIP:** _____

___ 18-24 ___ 55-59
___ 25-29 ___ 60-64
___ 30-34 ___ 65-69
___ 35-39 ___ 70-79
 ___ 80+

PHONE: _____ **AGE:** _____ **SEX:** _____

Waiver: I fully understand that my participation in the 5K/10K or Tiger Run exposes me to the risk of personal injury, death or property damage. I hereby acknowledge that I am voluntarily participating in the event and agree to assume such risk. I further understand that this event is being sponsored by the South Pasadena Unified School District Tiger Booster Club, a separate entity from the City of South Pasadena's Municipal operation. I hereby release, discharge and agree to not sue the City of South Pasadena or any of its officers, employees or agents for any injury, death or damage to or loss of personal property arising out of or in connection with, my participation in the activity.

FEE: (see fee schedule above)
 \$ _____ 5K or 10K
 \$ _____ Tiger Cub Run

SIGNATURE _____ **DATE** _____

T-SHIRT: (circle one) **5/10K** or **Tiger Cub Run**
(circle size) **S M L XL**

