

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 3, 2011

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:

- Personalized chip timing system for all 5K/10K runners
- * \$10 fee will be billed or charged for chips not returned!
- New Cub Run course down Diamond Avenue!

Tiger Cub Run:

For age 10 and under Tiger Cubs, a 300 yard fun run down Diamond Ave. Short-sleeved T-shirts and awards for every runner.

Registration Fees:

"Early Bird" discount: (postmarked or online by Nov. 19)
 \$20.00 – includes Tiger Run Logo T-shirt
 \$15.00 – without T-shirt

Regular registration: (postmarked or online after Nov. 19)
 \$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 SPHS cafeteria on Friday, Dec. 2 from 3 to 7 p.m. only.

Race Categories:

Men's/Women's (1st, 2nd, 3rd) for each category:

- | | |
|------------------------|---------|
| • Wheelchair (5K Race) | • 40-44 |
| • Elementary (K-5) | • 45-49 |
| • Middle School (6-8) | • 50-54 |
| • High School (9-12) | • 55-59 |
| • 18-24 | • 60-64 |
| • 25-29 | • 65-69 |
| • 30-34 | • 70-79 |
| • 35-39 | • 80+ |

Start Times on Race Day:

- 5K race begins promptly at 8:00 am
- 10K race begins promptly at 8:30 am
- Cub Run begins promptly at 9:00 am

Four Ways to Register:

- Register online at www.active.com
- Mail entry form and registration fee to:
 Catherine Landeros
 2070 Milan Avenue
 South Pasadena, CA 91030
- Register in-store at Run With Us, 235 N Lake in Pasadena
- Register in-store at Great Harvest Bread Company, at 1019 Mission St. in South Pasadena
- Register in person at SPHS Cafeteria, 1401 Fremont

Dec. 2 from 3:00 to 7:00 p.m.
or Dec. 3 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 SPHS Booster Club

NAME: _____	RACE: <input type="checkbox"/> 5K <input type="checkbox"/> Cub Run
	<input type="checkbox"/> 10K <input type="checkbox"/> Wheelchair
ADDRESS: _____	
CITY: _____ ST: _____ ZIP: _____	DIV: <input type="checkbox"/> Elem <input type="checkbox"/> 40-44
	<input type="checkbox"/> Mid. Sch. <input type="checkbox"/> 45-49
	<input type="checkbox"/> High Sch. <input type="checkbox"/> 50-54
PHONE: _____ AGE: _____ SEX: _____	<input type="checkbox"/> 18-24 <input type="checkbox"/> 55-59
	<input type="checkbox"/> 25-29 <input type="checkbox"/> 60-64
	<input type="checkbox"/> 30-34 <input type="checkbox"/> 65-69
	<input type="checkbox"/> 35-39 <input type="checkbox"/> 70-79
	<input type="checkbox"/> 80+

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 _____

EMAIL _____

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

South Pasadena Tiger Run

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SPTigerrun.com

Saturday, December 3, 2011

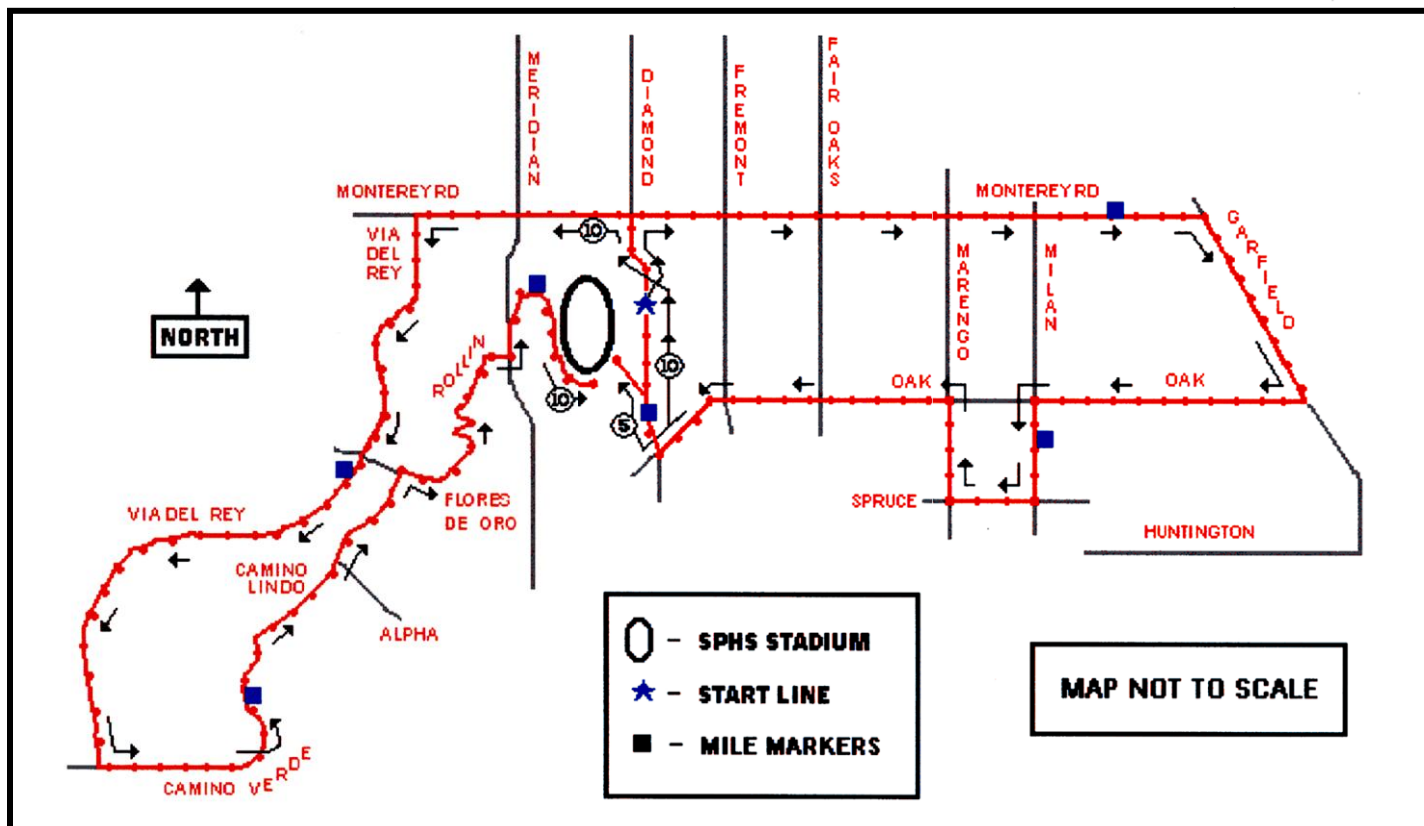
South Pasadena High School
1401 Fremont Avenue
South Pasadena, California

Start line:
Race begins on Diamond Street
across from the SPSHS Gym

5K will begin promptly at 8:00 a.m.
10K will begin promptly at 8:30 a.m.
Tiger Cub Run begins promptly at 9:00 a.m.

Course: 5K is a fast, flat course. The first half of the 10K covers the same ground as the 5K, with the second half on a challenging, hilly course through South Pasadena's Monterey Hills.

Course Map



South Pasadena Tiger Booster Club
South Pasadena High School
1401 Fremont Avenue
South Pasadena, CA 91030

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