Rim of the World Recreation and Park District
P.O. Box 8 - 26577 State Highway 18
Rimforest, California 92378
(909) 337-PARK
Fax: (909) 336-5239
www.rim-rec.org

Presents

30th Annual Run through the Pines

Saturday, August 15, 2009

5K Run or Walk, Racewalk* and 10K Run
around Lake Gregory in Crestline, California

Note: The PINK HAT IS BACK for this 30th Anniversary Event!!!

Event: Paved roadway around Lake Gregory with slight up and down inclines featuring scenic mountain and lake views. Elevation: 4,720 ft.

RESULTS WILL BE AVAILABLE ON www.rim-rec.org and RESULTSBYPRIMETIME.com

Features: Water station every mile; computerized race results by PrimeTime, pre- and post-race warm up stretching by Lake Gregory Chiropractic, music, course patrolled by Emergency Communications, Unique event t-shirts with custom design. Pancake breakfast (free to runners; others $4 for adults, $2/child.), post race refreshments and FRESH COOL MOUNTAIN AIR!

Awards: 1st, 2nd, 3rd & 4th place male/female in each age group receives medals. 1st, 2nd & 3rd place overall receive trophies. All runners 12 and under receive participation awards. Age groups: 12 & under, 13-14,15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & better. (special categories for High School Cross Country Teams). (racewalk 5k only and with 10 year age spans). Lots of special recognition during this anniversary celebration!

Race Day: Staging at Lake Gregory Elementary School. Check in at 6:30 to 7:45am. Race number and T-shirt picked up at check-in.
Race Times: All 5K events 8:00 a.m. /10K 8:30 a.m.

Directions: See www.active.com or www.rim-rec.org for details – beware! MapQuest and similar programs may be misleading!

Registration Fees: **On or before 8/12 – $20 includes T-shirt & pancake breakfast**
Race day - $25.00 includes breakfast and T-shirts (while they last)
*Racewalkers must follow proper form – *course will be monitored* ** Group discounts may be available
You may register by mail to: ***Rim of the World Recreation & Park District, P.O. Box 8, Rimforest, CA 92378***
Call: (909) 337-7275 to register over the phone with a major credit card!
REGISTER on-line at www.active.com
For more information, contact
(909) 337-7275

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APPLICATION IS FOR RUN THROUGH THE PINES, AUGUST 15, 2009
You may register by mail to
Rim of the World Recreation & Park District , *P.O. Box 8, Rimforest, CA 92378*
Make check payable to: ROWRPD and mail with this form

Name [__[__[__[__[__[__[__[__[__] [__[__[__[__[__[__[__[__[__[__[__[__[__[__[__] Age [__[__] DOB [__[__/__[__/__[__]

Mailing Address _____ City_____ Zip_____

Ph (_____) [__[__[__[- [__[__[__[__] **T-shirt size: Youth or Adult SM MED LG XL XXL (add $2 for XXL)** Male [__] Female [__]
Check one: 5K Run [___] 10K Run [___] 5K Racewalk [___]

Rim Rec Foundation is also hosting a separate **Walk-A-Thon** at Run through the Pines to support the Park District's Playground Improvement Program for information call: (909) 337-7275 to learn more about the **Walk-A-Thon**.
Group entry name, if applicable:_____

Waiver to be signed at check in. **Amount enclosed $ _____**