



**Mothers Day 10K/5K Run
5K Walk
Supports Monterey County PAL**



Sunday,
May 9, 2010
CASTROVILLE, CA

Runners and Walkers
WELCOME

- Location: Preston and Merritt Streets, Castroville.
- Time: 10 K & 5 K races start at 9:00 A.M. race day registration begins at 7:30 A.M. course closes at 11:00 A.M. All runners and/or walkers must be able to complete the course in 2 hours or less.
- Entry Fee: \$35.00 through April 30, 2010; \$40.00 after April 30th, 2010. Make checks payable to Castroville Artichoke Festival.
- Course: A rustic flat, out-and-back course through picturesque artichoke fields, mostly on dirt roads.
- Fee Includes: Artichoke Festival T-shirt, Entry to the Artichoke Festival May 15th & 16th and a fresh artichoke (crop permitting).
- Awards: Women and Men 1st thru 3rd place of each age division: 18 & under; 19-29; 30-39; 40-49; 50-59; 60-69 70 +.
Overall 1st place 5k/10K female and male.
- Information: [831-633-2465](tel:831-633-2465) or www.artichoke-festival.org

Register on-line at: <http://artichoke-festival.org/palrun.html>

**Mail-in Registration: 1.Address to: Craig Pakish; 342 Capitol Street, Salinas, CA 93901
2. Make check payable to Castroville Artichoke festival.**

NAME (Please Print): _____ **AGE:** _____

ADDRESS: _____
Street City State Zip Code

E-MAIL: _____

AGE DIVISION: _____ **RACE:** 5K ___ 10K ___ **SEX :** ___ (M OR F) **T-SHIRT SIZE:** _____

WAIVER: In consideration of your accepting this entry, I do hereby, for myself, my child, executors and administration waive all rights and claims or damages I may accrue against Castroville Artichoke Festival, Monterey County PAL, or the directors, officers, employees and volunteers of each entity for any and all injuries I suffer while participating in this event or traveling to or from the event. I certify that I am physically and sufficiently trained for this event. As part of the waiver I acknowledge that I have read and understand all of the above and intend to be legally bound.

DATE: _____ **SIGNATURE:** _____