



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



Sunday,  
May 8, 2011  
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 29, 2011; \$40.00 after April 29<sup>th</sup>, 2011. 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 21<sup>th</sup> & 22<sup>th</sup> and a fresh artichoke (crop permitting).
- Awards: Women and Men 1st thru 3<sup>rd</sup> 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](http://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:** \_\_\_\_\_