



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



**Sunday,  
May 10, 2009  
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: \$25.00 through April 30, 2009; \$30.00 after April 30<sup>th</sup>, 2009. 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 16<sup>th</sup> & 17<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 +.

Overall 1st place 5k/10K female and male.

Information: 831-633-2465

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: \_\_\_\_\_