



**9<sup>th</sup> Annual  
Los Altos Hills  
Pathways Run  
Los Altos Hills Parks and Recreation**

**10K & 5K Run/Walk & 1 mile Fun Run**

**Saturday, May 8, 2010, 9:00 A.M.  
1 Mile Kids Fun Run at 10:30 AM**

**FEES** (payable to LAHPRD)  
 10K - \$20.00  
 5K - \$20.00  
 1M - \$10.00  
 Group Registration(10 or more) \$10/Person  
 Race Day Registration – add \$5.00

**AWARDS** (5K and 10K)  
 Top overall, male and female finishers in  
 ages 0-9,10-19, 20-29, 30-39, 40-49,  
 50-59, 60+ All children under 16 in the  
 in all races will receive a finishers  
 medal.

**ENTRY FORM AND ONLINE REGISTRATION**  
[http://www.active.com/event\\_detail.cfm?event\\_id=1807142](http://www.active.com/event_detail.cfm?event_id=1807142)

**REGISTER BY MAIL:**  
 Must be postmarked by May 3, 2010  
 Mail completed and signed entry form to:  
 LAHPRD  
 c/o Pathways Run  
 26379 Fremont Road  
 Los Altos Hills, CA 94022

**COURSE:**  
**5K and 10K races start at 9:00 AM**  
 at Westwind Community Barn  
 27210 Altamont Road.  
**1-mile fun run starts at 10:30 AM**  
 Course consists of rolling hills  
 through the Los Altos Hills Pathway  
 system and Byrne Preserve.

**RACE INFORMATION:** Visit [www.lahpathways.org](http://www.lahpathways.org) or Contact Race Director Scott Vanderlip at (650) 948-6455 or email at [scott@inet-sciences.com](mailto:scott@inet-sciences.com)



**SEX:** M  F  **AGE:** \_\_\_\_\_ **10K**  **5K**  **1 mile**

**OFFICIAL USE ONLY**

**LAST NAME:** \_\_\_\_\_ **FIRST NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**TELEPHONE#:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**T-SHIRT SIZE:** Youth S  M  L  Adult S  M  L  XL  XXL

Release and assumption of risk. In consideration of the acceptance of my participation in the Los Altos Hills Pathways Run, I hereby release and discharge any and all claims for damages, death, personal injury or property damage which I (or my minor child, if applicable) may have, or which may hereafter accrue to me (or my minor child) as a result of my (or my minor child's) participation in this event. This release is intended to discharge in advance the Town of Los Altos Hills and its officials, agents, volunteers, employees and roadway or pathway property owners from and against any and all liabilities arising out of or connected in anyway with my participation (or minor child's participation) in this event, even though that liability may arise from their negligence in organizing, planning and implementing this event. I further understand that accidents can occur during the Los Altos Hills Pathway Run and participants in such events can sustain personal injuries and/or property damage as a consequence. Knowing the risks, nevertheless, I hereby agree to assume those risks and to release and discharge all of the persons or agencies motioned above who (through negligence or carelessness) might otherwise be liable to me (or minor child or my heirs or assigns) for losses, injuries, damages or liabilities. It is further understood and agreed that this waiver, release and assumption of risk is binding on my heirs, executors, administrators and assigns (and on my minor child, if applicable).

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
 If participant is under 18 years of age, please have parent or legal guardian read and sign above.