

CSA 5K Run/Walk

What better way to start your day than to get up and run (or walk) in beautiful Carlsbad? The committee has put together another fun run/walk behind the hotel along the trails of the The Omni La Costa Resort & Spa. There will be prizes and lots of fun! Every participant receives a silk screen T-Shirt (advance registration will assure you a shirt in the correct size).



WHEN: Wednesday, March 13th - 6:30 am

WHERE: Outside the Hotel
(check at registration for location)

WHY: To Get In Shape and Have A Blast!

ENTRY FEE: \$40.00 per participant

*** Prizes will be awarded in many categories!

ENTRY FORM:
CSA 5K RUN/WALK!

NAME _____

FIRM _____

ADDRESS _____

EMAIL _____

Shirt Size (circle) S M L XL XXL

WAIVER OF LIABILITY (must be signed):

In consideration of the acceptance of this entry to the CSA Run/Walk, I waive claims for myself, my heirs, and assigns against the race sponsor or promoters for injury or illness which may result from my participation. I further state I am in proper physical condition to compete in this race, and am an amateur runner.

Signature

Date: _____

ENTRY FEE PAYABLE WITH OTHER MEETING REGISTRATION
(Signed Waiver Form Must Accompany Registration Form - Return to CSA)