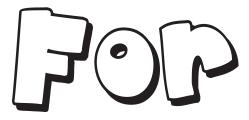
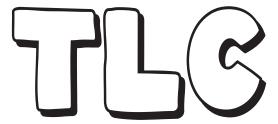


### The city of downey & downey unified school district presents

# HEALTHY DOWNEY







1<sup>st</sup> annual 5k run/walk to benefit DOWNEY UNIFIED SCHOOL DISTRICT'S

### TLC FAMILY RESOURCE CENTER

SATURDAY, APRIL 13th, 2013

RANCHO LOS AMIGOS

7601 E. IMPERIAL HIGHWAY, DOWNEY, CA 90242

music, information booths, and more...

Check-in at Rancho Los Amigos 6:30 - 7:30 am Opening Ceremony/Warm-up 7:30 am Run/Walk Begins 8:00 am Awards soon after last participant crosses the finish line (approx. time) 9:30 am

- Bib and T-shirt available for pick-up the day before (April 12) from 11am to 9pm at Apollo Park Gymnasium, 12544 Rives Ave., Downey, CA 90242

Ages 0-4 FREE

\*Early Registration (February 1st - March 31st)

\$25.00 // \$15.00 Students

\*Late Registration (April 1st - April 10th) \$35.00 // \$20.00 Students

\*Team Discount Rate (ONLINE ONLY) - Per every five (5) Adult Participants \$100.00

\* Late Team Rate (ONLINE ONLY) - Per every five (5) Adult Participants (April 1st - April 10th) \$125.00 \*Fee includes 1st Annual TLC 5K T-Shirt

Same-Day Registration: Starts at 6am until 7am **SHARP** 

\$40 (Adult) \*Sorry, no commemorative T-shirt available for same day registration. \$25 (Student)



No Refunds • No Dogs/Pets Allowed (unless a service animal) • Plenty of FREE Parking • Rain or Shine • Water Stations throughout Route for Participants • Strollers are welcome

## REGISTRATION FORM (ONE PER PARTICIPANT)

	PAF	RTICIPANTSI	NFORMATION	
First Name		Last Name		Age (on race day):
Phone Number		Email		
School (if student)				
	Please circle your category:			e Circle One)
RUN	WALK	WHEELCHAIR	S M L XL	XXL
You may register in	n one of the fo	ollowing ways:		
• On-line at v	www.active.c	om		
A convenience fee will be applied to the total.				
<ul> <li>Mail the re-</li> </ul>	gistration fo	rm with payment (chec	ks payable to TLC) to:	
TLC Family Resource Center, 13220 Bellflower Blvd., Downey, CA 90242				
· In-person r	egistration (	drop-off) at one of the	following locations:	
1. TLC	- 13220 Bellflo	ower Blvd., Downey, CA 9	90242 (Corner of Foster and	Bellflower)
Hou	rs: 7:30 a.m	3:30 p.m. Monday-Friday	y	
2. Barb	oara J. Riley Co	ommunity & Senior Cent	er -7810 Quill Dr., CA Downe	y, 90242
Hou	rs: 8:00 a.m5	:00 p.m. Monday-Friday		
3. DOV	VNEY FAMILY	YMCA-11531 Downey A	ve., Downey, CA 90241	
Hou	rs: 5:00 a.m	9:00 p.m. Monday-Friday	and 8:00 a.m. – 5:00 p.m. Sa	turday
personal injury, or property de This Consent & Release is interespective officers, officials, dition in the Healthy Hearts 51 further understand that serithereof. Knowing the risks of District, Rancho Los Amigos negligence or carelessness, neclease and assumption of the HAVE CAREFULLY READ THISASUMPTION OF THE RISK & also agree to indemnify, defappointed officers, employed	amage which I may nded to discharge ir irectors, trustees, em ( Run/Walk even the ous accidents may of said activity, neverts National Rehabilit night otherwise be like risk is to be bindin S WAIVER, RELEASE, INDEMNIFICATION end, and hold harmles, and agents from a	nave or which may hereafter accrue to advance the City of Downey, the Douployees, agents and volunteers from ough that liability may arise out of recur during the event, and that partification Center and their respective cable to me, the minor child or our resign on my heirs and assigns. I agree to ASSUMPTION OF THE RISK & INDEN AGREEMENT BETWEEN ME AND THE RISK Rancho Los Amigos National Relegations and their services and the services and the services and assigns.	to me or the minor child as a result of said p owney Unified School District, Rancho Los A n and against any and all liability arising out negligence or carelessness on the part of icipants may sustain serious personal injuri se risks and to release and hold harmless the officers, officials, directors, trustees, empl pective heirs, or assigns for damages. It is for accept and abide by the rules and regula MNIFICATION AGREEMENT, I AM AWARE THE CITY OF DOWNEY, Downey USD, Ranch	aims or rights to claims for damages for dear articipation in the Healthy Hearts 5K Run/Wasmigos National Rehabilitation Center and that of or connected in any way with the particip the person(s) or entity(ies) mentioned here ies, and/or property damage as a consequenthe City of Downey, the Downey Unified Scholoyees, agents and volunteers, who, through the understood and agreed that this wait tions of the Healthy Hearts 5K Run Walk Even THAT THIS IS A WAIVER, RELEASE OF LIABILITION Los Amigos National Rehabilitation Centrounty and its Special Districts elected and
Signature of Particip or Parent/Legal Gua				Date
Print Name			Phone Number	

Please check our website as the event comes nearer for updated information at www.dusd.net/tlc



### Sponsorship Information

1<sup>st</sup> Annual 5K Run/Walk to Benefit Downey Unified School District's

TLC Family Resource Center

Saturday, April 13, 2013 at

Rancho Los Amigos, 7601 E. Imperial Hwy., Downey, CA 90242

There will be five (5) levels of group sponsorship available to partners. Each level will have increasing amounts of exposure and free advertisement included as part of the sponsorship package.



#### **Bronze Heart**

\$ 50.00

 Your name to be listed in event pamphlet, TLC Website and TLC Spring Newsletter.



#### Silver Heart

\$ 100.00

 Same as above, plus your name/group to be featured on the event banners.



#### **Gold Heart**

\$ 500.00

 Same as above, plus your name/logo to be featured on the 1<sup>st</sup> Annual Commemorative T-shirt.



#### Platinum Heart \$501.00-\$999.00

Same as above, plus free registration for five (5) member team.



#### **Diamond Heart**

\$1,000.00+

• Same as above, plus your name/logo prominently displayed on t-shirt.

#### Route for 5k Run/Walk

