

# LIVERMORE'S ANNUAL RACE TO THE FLAGPOLE

Saturday, January 28th, 2023 at Sycamore Grove Park-Livermore

5K Run/Walk, 10K Run and 1 Mile Fun Run

**START TIME:** 10K -8:45AM 5K -9:00AM 1 MILE FUN RUN-10:15AM

## COURSE:

5K & 10K begins at Independence Park and runs through scenic Sycamore Park. Very flat and fast with one hill for 5K and two hills for 10K. 90% dirt trails. Strollers, bikes and pets not allowed.

## BIB NUMBERS:

Pick up bib/race numbers at registration table at Independence Park on day of race.

## REGISTRATION & ENTRY FESS:

Register on line at [www.Livermoregranadaboosters.org](http://www.Livermoregranadaboosters.org) or send completed entry form below postmarked by **December 24** to receive Earlybird pricing. Mail this form with check payable to "Livermore-Granada Boosters" to "Flagpole Race", 2117 Fourth Street, Livermore, CA 94550

Race day registration begins at 6:45am at Independence Park, 2798 Holmes Street.

Event	Registration type	Earlybird	December 25	Race Day Registration
5K	Individual	\$35	\$40	\$45
	Group/Team (4 or more)	\$30	\$35	\$40
	Student	\$20	\$25	\$30
10K	Individual	\$40	\$45	\$50
	Group/Team (4 or more)	\$35	\$40	\$45
	Student	\$20	\$25	\$30
1 Mile	Individual \$12.00	\$12	\$15	\$15

## AWARDS:

Pre-registered participants will receive a commemorative T-shirt, medal and post race refreshments. Awards presented to the over-all fastest male/female runners for 5K, 10K, 1 Mile Fun Run. Awards presented to the fastest 5-person school or running club team for the 1 Mile Fun Run. We cannot guarantee T-shirts for race day registration.

## FOR MORE INFORMATION:

Contact Mike Nagel, Race Director at (925) 667-6535 or [flagpolerace@yahoo.com](mailto:flagpolerace@yahoo.com)

### ENTRY FORM

Please complete & submit one form per runner/walker

SCHOOL AFFILIATION: \_\_\_\_\_

(Livermore School District or School Organization)

<b>CIRCLE: MALE or FEMALE</b>	<b>T-SHIRT SIZE</b>			
<b>CIRCLE REGISTERED EVENT:</b> 5K      10K      1 MILE FUN RUN	YOUTH SIZES:	small	medium	large
	ADULT SIZES:	small	medium	large
		X-large	XX-large	

Please print clearly the information below:

NAME: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

ADDRESS (City, State, Zip): \_\_\_\_\_ PHONE: ( ) \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE ON RACE DAY (01/28/23): \_\_\_\_\_

**WAIVER:** In consideration of my entry and of my own free will, I, the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive and release any and all legal rights and claims or damages I may accrue against the Livermore-Granada Boosters, the Livermore Valley Joint Unified School District, the City of Livermore, the Livermore Area Recreation & Parks District or persons, volunteers, sponsors or organizations associated with this event for any and all injuries or death that may be suffered by me or en route to or from the event or because of any dissatisfaction with any aspect of the event. I understand that participating in the event is potentially hazardous, and furthermore attest that I recognize that I must be in good health and of sufficient training in order to participate, and state furthermore, that my ability to participate in and successfully compete in the event has been attested by a qualified physician. I hereby grant permission to the Livermore-Granada Boosters to use photos that may include myself for promotion and publicity. As part of my waiver, I acknowledge that I have read, understood, and agree to the information contained in this waiver.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT OR GUARDIAN SIGNATURE IF PARTICIPANT IS UNDER AGE 18: \_\_\_\_\_