

Official Race Entry Form

Mail completed race entry form with check or money order for fees payable to:

City of Los Alamitos: 10911 Oak St., Los Alamitos, CA 90720

or Fax completed race entry form with credit card information to (562) 594-9657

Event

(Check One)

- 5K Run Reverse Triathlon (Individual)
 10K Run Reverse Triathlon (Team Name)
 Both 5K & 10K Runs 5K Walk 10K Wheelchair
 Mission: Kids Run 1K 10K Skate

Bikers (Tri) and Skaters (10K) must wear a helmet.

Shirt Size (Check One)

- Youth Med Youth Large Small Med Large XL XXL

Last Name

First Name

Mailing Address

City State

Zip Birth Date - - Age on Race day

Phone - - Sex M F Age on 12/31/09

Emergency Phone - - USAT #

Email Address

How did you hear about us?

- City brochure City website Other race website Race postcard/brochure
 Competitor Magazine Newspaper Ad: _____ Other _____

Entry Fees

Early Bird Priority Registration through Dec. 13 Registration Dec. 14-Jan. 31 Late Registration Feb. 1-19 by 4:00pm (Online Feb. 24 by 8:00am)

| | | | |
|----------------------------------|------|-------|-------|
| 5K Run | \$30 | \$33 | \$38 |
| 5K Walk | \$30 | \$33 | \$38 |
| 10K Run/Wheelchair/In-Line Skate | \$34 | \$37 | \$42 |
| Both 5K/10K Run (Adult) | \$42 | \$52 | \$57 |
| Mission Kids Run 1K (10 & Under) | \$15 | \$17 | \$22 |
| Reverse Triathlon (Individual) | \$60 | \$70 | \$80 |
| Reverse Triathlon (Team) | \$95 | \$110 | \$125 |
| USAT 1-Day License (Per Person) | \$10 | \$10 | \$10 |

Add \$10 Donation to support Cancer Support Foundation \$10

Tax I.D. #95-3599606

Cash enclosed Check # _____ **TOTAL ENCLOSED** \$

ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE

Visa MC

Credit Card Number - - -

Expiration Date /

Month Year Cardholder's Signature _____

Waiver (MUST BE SIGNED)

In consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have hereafter accrued to me against the City of Los Alamitos, Military Department of the State of California, USA Water Polo and Los Alamitos Aquatics Foundation, and the United States of America, and all their sponsors or any other individuals, organizations or event sponsors associated with the above for any and all damages/injuries which may be sustained by me in connection with participation in and returning from the Los Alamitos Race on the Base. I further attest and verify that I am physically fit, enjoying good health and have sufficiently trained for the competition of this race. I will additionally permit the publication of my/my child's name and picture in newspapers, Web sites and/or brochures related to this event.

Participant Signature (Signature of parent is needed if entrant is under 18 years of age)

Date

EVENT PRESENTED BY:



City of Los Alamitos
 Recreation & Community Services Department
 10911 Oak Street
 Los Alamitos, CA 90720

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We're Celebrating Our 50th Birthday
 1960 - City of Los Alamitos - 2010

www.ci.los-alamitos.ca.us

For more information, call (562) 430-1073

**Mission:
Kids Run
Event
Sponsor**



Water Sponsor



Premier Sponsors



**Platinum
Sponsor**



Gold Sponsors



Silver Sponsor



Bronze Sponsors



FREE CLINICS!

Presented by: **Long Beach Spine & Rehabilitation**
Chiropractic Health Center

www.longbeachchiro.com

Tips & Tricks to Complete Your Triathlon with Success

Each one-day clinic will include:

- Hydration & Injury Prevention
- Helpful Hints for a Successful Race
- Question & Answer Session

Information presented by

Dr. Marta Callotta

Long Beach Spine & Rehabilitation
Team USA Triathlon
& Duathlon Chiropractor

Saturdays:
November 21, 2009 / December 12, 2009
January 16, 2010
10:00am-11:30am
City of Los Alamitos
Community Center, 10911 Oak St.

Saturday:
February 20, 2010
10:00am-11:30am
USA Water Polo
National Training Center
Los Alamitos Joint Forces
Training Base, 11200 Lexington Dr.

To RSVP, contact:

City of Los Alamitos
Recreation & Community Services
Phone: 562-430-1073
E-mail: fcaron@ci.los-alamitos.ca.us

Walk-ins welcome.



The course is located on the Joint Forces Training Base runways. Helicopters, planes and military vehicles will line portions of the course with music throughout the course. Separate 100% flat courses. Run next to strawberry fields and 3 golf courses. **The Los Alamitos Joint Forces Training Base is located at 11200 Lexington Dr., Los Alamitos, CA 90720.**

Please arrive at least 1-hour prior to your race to park and/or register. Bring a Photo I.D. No pets allowed.

Race Features

- ▶ Events and activities for all ages
- ▶ USAT & USATF sanctioned
- ▶ **New!** Finisher dog tag medals for Reverse Triathlon
- ▶ **New!** Professional chip timing for 5K/10K Run/Skate, & 5K Walk
- ▶ **New!** Short-sleeved technical race shirt
- ▶ 100% flat & fast course
- ▶ Military helicopters & vehicles on display
- ▶ Musical entertainment
- ▶ Exceptional vendor area
- ▶ Free kids fun zone

\$5 ALL YOU CAN EAT PANCAKE BREAKFAST (pancakes, sausage, coffee & juice).
PAY AT EVENT – PRESENTED BY CYPRESS KIWANIS CLUB

Vendor Expo
7:00am to 11:30am



- 6:00am Registration Opens
- 7:30am 5K Race Start
- 7:35am 5K Walk *in cooperation with the Cancer Support Foundation*
- 8:25am 10K Skate/Wheelchair Race Start
- 8:30am 10K Run Start
- 9:30am Mission: Kids Run 1K Start (10 years old & under)
- Sponsored by Friday Night Lights*
- 10:00am Mandatory Triathlon Meeting
- 10:30am Reverse Triathlon Start

Awards Presentation for top overall finishers of each race will follow each event. Age division awards will be available at the Awards Pick Up Tent next to the stage.

Race Registration

By Mail or Walk-In: Pre-register by sending a completed entry form and check or money order made payable to the City of Los Alamitos, or credit card information. Mail payment to 10911 Oak Street, Los Alamitos, CA 90720

By Fax: Fax completed entry form with credit card information to (562) 594-9657

By Mail/Walk-In/Fax must be received by Thursday, February 19 at 4:00pm
Online registration will continue until Wednesday, February 24 at 8:00am

Packet Pick-Up & Day of Race

Pre-registration packets will be available on Friday, February 26 from 3:00 to 7:00pm at the Joint Forces Training Base Hangar #2. Registration will be open during Packet Pick-Up. Registration begins on day of race at 6:00am at the Los Alamitos Joint Forces Training Base, Hangar #2. Packets can also be picked up on the day of the race.

Bring a Photo I.D!

NO I.D. - NO ENTRY!

Please have your I.D. ready to show when you arrive at the gate. Children are encouraged to bring a student I.D. or be accompanied by a parent.
Please arrive 1-hour early to park and register!

USAT Licenses

The Race on the Base Reverse Triathlon which consists of a 5K Run, 12 Mile Bike, and 200 Meter Swim at the USA Water Polo National Training Center on the Joint Forces Training Base is a USA Triathlon Sanctioned event. All triathletes MUST have either a USAT annual license or a 1-day license. Purchase annual licenses (\$39 adults / \$5 kids 17 and under) at www.usatriathlon.org; purchase a 1-day license (\$10 adult / \$5 kids) with registration or on race day. Triathletes will be required to show their annual license with picture ID, or proof of 1-day license purchase, and sign the USAT waiver on race day. The Race on the Base is a 5K/10K USA Track and Field Sanctioned event and does not require additional license purchase.



Awards 5K/10K Awards

Top three (3) male and female finishers will receive a medal.

Triathlon Awards

Top three (3) male and female finishers will receive a medal.

10K Wheelchair Awards

Top three (3) male and female finishers will receive a medal.

10K In-Line Skate Race

Top three (3) male and female finishers will receive a medal.

Division Awards

5K, 10K & Triathlon awards



distributed to the top athletes in male and female age divisions: (Minimum age for Triathlon: 12 yrs.) 10 & Under; 11-12; 13-14; 15-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+; Male, Female, Co-ed Relays, Challenged Athlete division for Triathlon

Proceeds

Proceeds from this event will benefit the USA Water Polo National Training Center located on the JFTB in Los Alamitos. Proceeds from the 5K Walk will benefit the Cancer Support Foundation (CSF).

The Cancer Support Foundation

5K Walk participation will benefit local cancer patients and their families!

Proceeds from the 5K Walk and volunteer donations collected during race registration will help fund programs of the Cancer Support Foundation. For over 25 years the Cancer Support Foundation has provided support groups, financial assistance, rides to treatment, in-hospital visits and many other vital non-medical services to local cancer patients and their families in Los Alamitos and surrounding communities. All services are provided free of charge. For more information or to volunteer call (562) 594-9977.