

RUN FOR THEIR LIVES



BAKER VALLEY
PHYSICAL THERAPY

2009



**Run or Walk 5K (3.1 miles) and
10K (6.2 miles) Run**

Date: August 1st, 2009

Time: 7:30 AM

Location: Medical Arts Center

3950 17th Street

Baker City

Pre-register before August 1st

Entry Fees

\$10.00 for preregistered runners

\$15.00 for race-day runners

**Sign-up at the the Medical Arts Center starting
at 7:00 AM**

Race will begin at 7:30 AM

Age Divisions

- 9 and under
- 10-14 years of age
- 15-19 years of age
- 20-24 years of age
- 25-29 years of age
- 30-34 years of age
- 35-39 years of age
- 40-44 years of age
- 45-49 years of age
- 50-54 years of age
- 55-59 years of age
- 60-95 years of age

Major Sponsors: Subway

Baker Valley Physical Therapy

Proceeds will benefit the Shiner's Hospital

Contact Blake Marlia for more information 523-8888

Mail form and entry fee to:

Blake Marlia
3950 17th Street

Baker City, OR 97814

Make checks payable to Shiner's Hospital.

Registration forms will also be available the day
of the race, but T-shirts cannot be guaranteed.

Name

Address

Phone

T-shirt Size: S ___ M ___ L ___ XL ___

Sex ___ Age on race day ___

5K/10K ___

PLEASE READ AND SIGN: I the undersigned, have fully evaluated the conditions of the race and having full knowledge of the risks incidental to running and walking, freely and voluntarily assume all risks incidental to my participation in this race. Further, I hereby profess to have adequately trained for this event. I hereby release for myself, my heirs, executors and administrators, RUN FOR THEIR LIFE!, Baker Vally Physical Therapy officers, members and any other person who have helped organize or assist in this race from any and all claims, demands, actions, or causes of actions incident to or arising from my participation in this race.

Signature

Date