



ASSURANT
Health®

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Valentine's Day 5K

Denver, Colorado 5K Run/Walk

Sunday, February 14 – Denver's Washington Park

To Benefit:

PCEC PROSTATE CONDITIONS
EDUCATION COUNCIL®

Generous Sponsors:



SCHEDULE

Race Day Registration: 9:00 a.m.

5K (3.1 Mile) Run and Walk: 10:00 a.m.

Kid's Fun Run: 11:10 a.m. (Free! No T-shirt)

Awards and Drawings: 11:25 a.m.

FEES	Pre-Race Day	Race Day
Adults	\$30	\$35
18 & under/60 & over	\$25	\$30

ASSURANT HEALTH AGENTS AND CUSTOMERS:

Our official sponsor is committed to encouraging wellness. We are offering \$5 off the registration fee for Assurant Health agents and customers.

Assurant Health Agent or Customer?

- Yes – Deduct \$5 from entry fee for paper registration. If registering online, enter Coupon Code: ASSURANT2010
- No

INFORMATION 303.694.2202

See course map at www.RunDenverSeries.com

TO SIGN UP

Mail completed form below or register online at www.RunDenverSeries.com by 11:59 p.m. on February 12. Pick up Sportag timing chip on race day. Or sign up in person (and get a Sport Science Technical t-shirt and bib) through noon on February 12 at any RunDenver Series Sign-up location:

- Runners Roost Lakewood, Wadsworth & Alameda 303-991-1851 (Race Headquarters)
- Runners Roost, Colo. Blvd./I-25 303-759-8455
- Running Wild, County Line/University 303-738-9446
- Runners Roost, Arapahoe/Parker 303-766-3411
- Boulder Running Co., 1/4 mile west of I-25 on Arapahoe 303-990-5000
- Boulder Running Co., Bowles/Wadsworth 303-932-6000

LOCATION

Take I-25 North to the Downing exit. Exit to right onto Downing and right again onto Louisiana. Turn right at Franklin into parking at South HS. Walk across Louisiana into park to start line about 200 meters on east side of Lake. If approaching from the north, take I-25 South to Washington St. exit. Turn left onto Louisiana and proceed to Franklin, turn right into parking at South HS.

GOODIES

Participants will receive a goodie bag, Sport Science Technical t-shirt and bib. All registrants will receive the goodie bag on race day. Drawing prize chances and finish line refreshments available on race day.

AWARDS

Awards in the 5K will be given to the overall male and female, then to the top three males and top three females in age groups 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over. Awards in the walk will be given to the top three males and females overall as determined by USATF certified officials.

Timing by Hallucination Sports. All athletes must wear the Ipico Sportag provided on race morning to be scored.



5K Run/Walk Entry Form

One form per person. Photocopies acceptable. Bibs/Chips nontransferable. No refunds. Mail entries must be postmarked by February 5. Please send this form along with your payment to Valentine's Day 5K c/o BKB Ltd., P.O. Box 4184, Englewood, CO 80155-4184.

WAIVER and RELEASE – READ and SIGN: In consideration of the acceptance of my entry in the Assurant Health Valentine's Day 5K, I, for myself, my executors, administrators and assignees, do hereby release BKB Ltd., and any other contributing sponsors of this race and their officers, members, agents, volunteers and employees for all claims arising out of my participation in the Assurant Health Valentine's Day 5K. I attest and verify that I have knowledge of the risks involved in this event and I am physically fit and trained to participate in this event. I also give permission for the future use of my name and picture in any broadcast, telecast or print media account of the event. I understand that the entry fees I pay are non-refundable.

Signature _____

Signature of parent/guardian if participant is younger than 18

_____ Bib # (for official use only)

Age on 2/14 _____ Male Female Run Walk

Kid's Fun Run (Free to enter. No T-shirt provided)

Last Name _____

First Name _____

Address _____

City/State/ZIP _____

E-mail Address _____

Sport Science Technical T-shirt:

Men's (circle size): S M L XL

Women's (circle size): S M L XL