
THE BRUCE HERING
BOONTLING CLASSIC
5K FOOTRACE
SUNDAY, MAY 4, 10:00 AM

Start/Finish: Anderson Valley Elementary School
12300 Anderson Valley Way, Boonville, CA

Entry Fee: \$8.00 (\$2.00 discount for NCS members)
T-Shirt: \$10.00
Late Reg. Fee: \$10.00 – t-shirt extra

Registration: Pre-registration deadline is May 3rd.
Race day registration is 8:30-9:30 am

Awards: Plaques to top man and woman. Ribbons to top 3 in each Division. Drawing for prizes!

Divisions: See next page

Entry Form
PLEASE PRINT

Make checks payable to: North Coast Striders, PO Box 805, Boonville, CA, 95415.

Name _____ Age _____

Address _____

Email (to get results) _____

Division (A-T) _____ Fee Enclosed _____ Date _____

T-Shirt Size: S _____ M _____ L _____ XL _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am healthy and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other runners, the effects of traffic, and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and considering these facts in consideration of my accepting entry, I, for myself, my heirs, and anyone entitled to act on my behalf, waive and release forever The Anderson Valley Unified School District, The North Coast Striders Inc., the County of Mendocino, TAC/USA, the Pacific Association, and all sponsors, their employees, representatives and successors from all claims and liabilities arising out of any participation in this event.

Signature _____ (Parent or Guardian if under 18)

The Boontling Classic is a RRCA sanctioned event

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Divisions

- A. Boys 9/Under
- B. Boys 10-13
- C. Men 14-18
- D. Men 19-29
- E. Men 30-39
- F. Men 40-49
- G. Men 50-59
- H. Men 60-69
- I. Men 70/Over
- J. Girls 9/Under
- K. Girls 10-13
- L. Women 14-18
- M. Women 19-29
- N. Women 30-39
- O. Women 40-49
- P. Women 50-59
- Q. Women 60-69
- R. Women 70/ Over
- S. Walkers, Men
- T. Walkers, Women

Baby Joggers, Strollers, Roller Skates, Roller Blades, Dogs, and Headphones

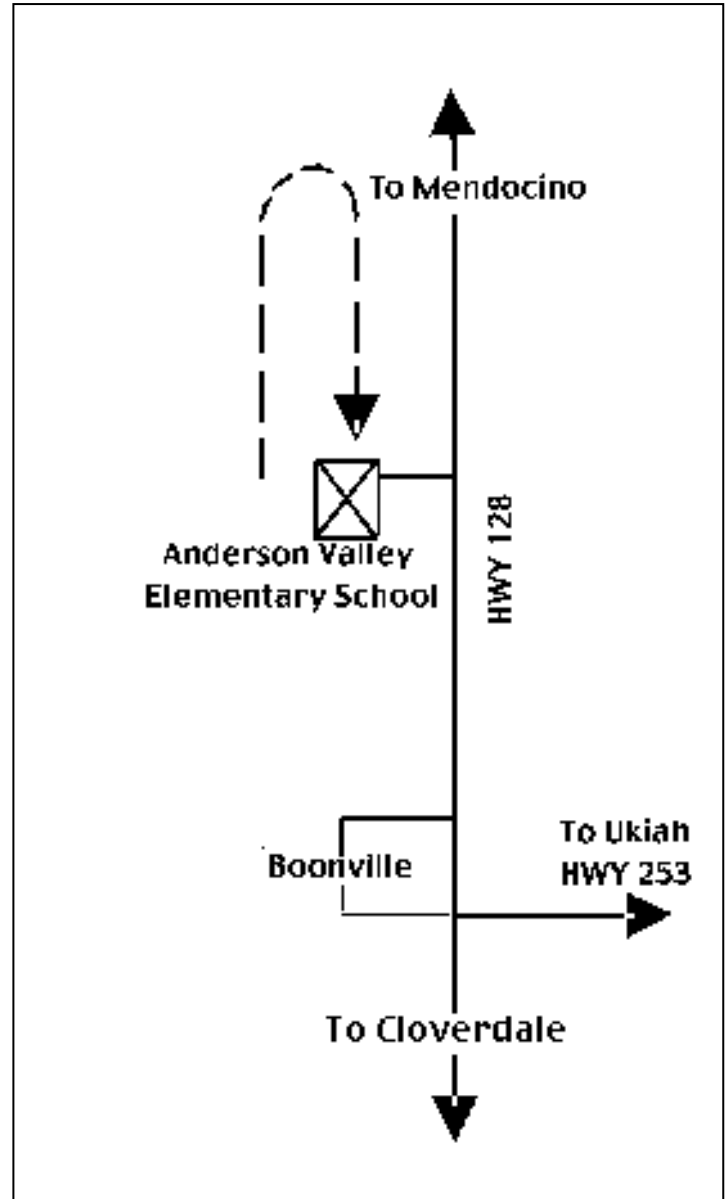
ARE NOT PERMITTED

For further information contact:

Flick McDonald

(707) 621-2701

email: flick@mcn.org



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