



Saturday, January 23, 2010  
 Ventura Community Park  
 Pancake Breakfast & Awards  
 Ceremony following the Race at  
 Assumption Hall

8:15 A.M. START - 5K;  
 9:00 A.M. — FR STEVE 1K FUN RUN  
 8:30-11:00 A.M. PANCAKE BREAKFAST  
 10:00 A.M. AWARDS CEREMONY

GO TO [WWW.OLA5K.COM](http://WWW.OLA5K.COM) FOR INFO

Proceeds Benefit the OLA Youth Programs

**RAFFLE PRIZES!!**  
**PANCAKE BREAKFAST, MUSIC AND**  
**MORE!!**

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 REGISTRATION ENTRY FORM (OR ENTER AT WWW.ACTIVE.COM)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ Apt. No. \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Age: \_\_\_\_\_ Sex:  Male  Female T-SHIRT SIZE:  S  M  L  XL  XXL

**REGISTRATION FOR (CHECK ONE BOX ONLY):**

**5K RUN DIVISION**  6-18  19-29  30-39  40-49  50-59  60-69  70+

OR

**1 MILE FUN RUN DIVISION**  Parent  Child

**ENTRY FEES: Early Bird After Dec 31, 2009**

5k	\$25	\$30
1k	\$15	\$20
Adult Pancake Breakfast	\$7	
Child Pancake Breakfast	\$5	

Please make check payable to OLA and mail to:  
 Our Lady of the Assumption (OLA5K)  
 3175 Telegraph Rd  
 Ventura, CA 93003 Phone: (805) 642-7966

In consideration of your accepting this entry, I, the undersigned, for myself, my heirs, executors, administrators, and representatives, hereby waive, release, and discharge any organizations affiliated with the OLA 5K, including but not limited to Our Lady of the Assumption, the County of Ventura, the City of Ventura, USA Track & Field, and their committees, directors, representatives, agents, volunteers, successors, and assigns from any and all injuries or damages suffered by me in this event, including pre and post race activities. I represent and warrant that I am physically fit and have sufficiently trained for competition in the OLA 5k and Fr Steve 1K Run Run.

Signature of Participant (Parent/Guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_  
 (REQUIRED)

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**The Hermits of St. Giles**