

Fall into Fitness

5K & Mile

**Proceeds will benefit
Keizer's Amphitheater Free
Summer Concert Series**

September 25, 2010

**Mile Starts at 3:30 pm
5K Starts at 4:00pm**

**Pre-Registration by 9/22/10
On-Line
keizerchamber.com**

Entry Fees 5K

- \$20 Pre-Registration
- \$22 Day of Race

Entry Fees Mile

- \$12 Pre-Registration
- \$15 Day of Race

The majority of both point to point events will take place on Chemawa Road (east bound lane) 5K will start at the Keizer Little League Complex with the Mile start near McNary High School . Finish line is at Keizer Rapids Park

For more information or to register call: The Keizer Chamber at 503-393-9111 or Race Officiator Rick Forney at 503-580-7650

Event Coordinator :
Clint Holland 503-910-3232



AWARDS & PRIZES

First, Second, Third place Ribbons to Men's & Women's Age Groups. Overall & Masters receive Gift Certificates All Participants receive long sleeve shirt, BBQ dinner, adult beverage, and post race concert at Amphitheater

Sponsored by:



Salem Health



Supported by:

**Keizer Chamber of
Commerce & Visitor Center**

**Keizer Rotary
Amphitheater IIc**

Spiridon Race

Mail form and entry fee to:

Keizer Chamber of
Commerce & Visitor Center
980 Chemawa Rd NE
Keizer, Or 97303

Phone: 503-393-9111
Fax: 503-393-1003
paula@Keizerchamber.com

Name _____

Address _____

Phone _____

E-Mail _____

T-shirt Size: S M L XL

Sex _____ Age on race day _____

RELEASE: I personally assume all risks incident to my participation in the Fall into Fitness events including, but not limited to, use of facilities, use of streets, and all hazards from running or walking in this event. I hereby release for myself, my heirs, executors and administrators, all sponsors of this race including Keizer Chamber of Commerce, the City of Keizer, Salem Health Management, Spiridon Race and any other sponsors not mentioned from any and all claims, demands, action, or causes of action incident to my participation in these events. I grant permission to all of the foregoing to use any photographs, motion pictures, video, recordings, or any other record of this event for any legitimate purpose. I also understand that the entry fee is non-refundable once payment has been received.

Signature _____ Date _____

Signature of parent or guardian if under 18 _____ Date _____