

### Description of Course

- 5K Race – start in America the Beautiful Park and run north on Santa Fe Trail
- 3K Walk – start in America the Beautiful Park and walk north on Santa Fe Trail

### Awards Ceremony

- 1st Team Male Teams – 5 member teams and all members finish times count
- 1st Team Female
- 1st Team Coed
- 1st Overall Male & Female
- 1st, 2nd, 3rd Adult age groups – High School, College and 10 year increments
- Kids – bracelet

### Entertainment

- Johnny & the Rockets serenading you with tunes from the 50s, 60s, and on
- Bouncy Castle for the kids—of all ages!



Major Dan Harding with Michael J Fox at the Team Fox Awards Dinner in 2009



**5K Run & 3K Walk  
Sunday, April 25, 2010**

**10:00 a.m.**

Support local Colorado Springs persons with Parkinson's disease along with the Colorado Parkinson's Foundation (CPF). The CPF offers emotional, educational and practical support to more than 150 families in the Colorado Springs area. Recent studies, conducted by the National Parkinson Foundation, estimated more than 1,000 persons are afflicted with Parkinson's Disease in El Paso County alone.

Also, your support benefits Team Fox of the Michael J Fox Foundation.

**Come join us during  
National Parkinson's  
Awareness Month!**

**Contact Information:**

Diane Cahalan, Race Director  
719-594-9493  
diane.cahalan@comcast.net

### Sunday April 25th

- 10:00 a.m. — Runners 5K
- 10:05 a.m.—Walkers 3K
- 10:30 a.m. — Kids Races
- Ages 0-3 - 25 yards
- Ages 4-5 - .25 mile
- Ages 6-11 - .5 mile
- 12 and up - 1.5 miles or 5K
- 11:00 — Awards Ceremony

### Directions to America the Beautiful Park

- I-25
- Bijou Street exit (Exit 142); right (west) on Bijou
- Turn left (south) on Walnut Avenue
- Turn east (left) on Colorado Avenue
- Turn right (south) on Cimino Street to the entrance of the park.
- Parking is limited at the park. Overflow parking is in the designated parking garage at 266 S. Sahwatch or off-street in the downtown Colorado Springs area.

### Registration Information

- **Preregister** 5K Run/3K Walk - Adults \$25 includes t-shirt
- AFA Cadets - \$20 includes t-shirt
- Online preregister at [www.active.com](http://www.active.com) – event ID **1827819** (adults only includes t-shirt + \$3.25 fee)
- **Day of Race** Registration – 9:00 a.m. Teams – input your team name
- **AFA CADETS** - \$20 **NO** t-shirt
- **Kids** - donation

### Pre-register at

- [www.active.com](http://www.active.com) event ID **1827819**
- Colorado Running Company—pick up race packet April 23-24 (cut-off at 3:00 4/24/10)
- Forms are available at:  
CO Running Co, Runners Roost & Boulder Running Co  
Local YMCAs  
Military fitness centers

### Entry Form:

Name – print in block CAPS		Street Address		City	State	zip
Telephone Number		Email		Age on Race Day		
T-shirt Size		Male		Female		
Make Check Payable To		Colorado Parkinson Foundation, Inc.				

I know that running and walking in competition are strenuous and potentially hazardous activities. I should not enter and participate in the Annual Colorado Parkinson's 5K RUN and 5K WALK unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including snow, ice, rain, heat and/or humidity, traffic, altitude, road and surface conditions, all risks being known and appreciated by me. I understand that baby strollers, skates, electronic listening devices, wheelchairs pushed by a runner and dogs or other pets (either one a leash or not) are not allowed in this event. Having read this waiver and knowing these facts, and in considering your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Colorado Parkinson Foundation, Inc., National Parkinson Foundation, The Pikes Peak Road Runners, Inc., the Sponsors, the employees, officers, agents and directors of these organizations, and any other organization or individuals associated with this event and representatives and successors before, during or after the event, from any claims or liabilities of any kind arising out of my participating in the Annual Colorado Parkinson's 5K RUN and 5K WALK, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legitimate purpose.

Signature of entrant		Date		Signature of parent if entrant under 18		Date	
Circle One		5K Run		3K Walk		Team Name	
Bib Number for 5K Run		Bib Number for 5K Run					
<b>CREDIT CARD PAYMENT</b>							
Credit Card #		Exp. Date		CVV/CID#		Name on Card	
Billing Address		Check Payment					
Check Number		Amount of Check \$					
CASH Payment		<input type="checkbox"/> \$25		<input type="checkbox"/> \$20 AFA CADET		Donation	
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
						Cash <input type="checkbox"/>	
						Check <input type="checkbox"/>	
						Credit Card <input type="checkbox"/>	
Mail to: Diane Cahalan, Race Director		To donate, make check payable to Colorado Parkinson					
1630 Bandedrock Court		Foundation and mail to Diane.					
Colo Springs CO 80919							