

Join in the fun as we walk, run or skip for the YMCA kids!

Welcome to the 32nd Annual YMCA Harvest Fair Fun Run! Since our very first run in 1979, this event has allowed us to help financially disadvantaged kids and families in our community to participate in the YMCA's many enriching programs, including summer camp, child care, and swim lessons. Thank you for your continued support!

A PLACE for EVERY PACE!!

Date: Sunday, October 3, 2010
Place: Sonoma County Fairgrounds
Time: 7:45 AM for 1K Fun Run/Walk
 8:15 AM for 10K Run*



8:20 AM for 5K Fun Run/Walk*
 *These races will be officially timed by "Change of Pace".
 Results can be viewed by 5:00 PM on race day at
changeofpace.com/2010_harvest_fair_run_results.html

Make a Day Out of It

T-shirts: Pre-registered runners are guaranteed a Harvest Fair t-shirt. Runners registering on race day will receive a t-shirt, as available. (T-shirts are guaranteed to the first 800 runners and limited to stock on hand.) T-shirts are picked up after the race in the Redwood Theater.

Harvest Fair Passes: All race participants will receive free entry into the 36th Annual Sonoma County Harvest Fair. Enjoy premier wine tasting, food tasting, art show and sale, live entertainment and many more events for the whole family. Sunday hours are 10:00AM - 7:00PM.

Post-Race Festivities: After the race, all runners are invited to enjoy water, fruit, food sampling and more, compliments of our sponsors. Be sure to stop by and visit the Healthy Living Zone vendor booths to get information promoting healthy living. In an effort to be more "green", we are offering virtual runners' bags this year. Provide your email below to take advantage of discounts and fantastic giveaways!

Awards and Prizes: At approximately 9:30 AM in the Redwood Theater, prizes will be awarded to the first, second and third place winners for both the 5K and 10K races. All 1K participants will receive a ribbon. During the awards ceremony there will be a drawing for various raffle prizes. Every official finisher is eligible and you must be present to win.

REGISTER ONLINE!

Go to our website at www.scfymca.org
 Online registration deadline: Sept 30th, 2010 at 11:59 PM

Course Details

Split times will be given at the 1 and 5 mile marks. Course maps can be found at www.scfymca.org.

Aid/Water Stations: There will be two water stations provided on the 10K course. There will be one water station at the half way point for the 5K course. First Aid will be available by the Red Cross at the Fairgrounds.

Finish Times: Finish times will be clocked on a display as you cross the finish line. Times of all 10K & 5K runners will be posted on race day. Times can be retrieved one week after the race at www.scfymca.org

Registration Information

» All Pre-registrations must be received by:
September 30, 2010, 11:59 PM

» Any registrations received after September 30, 2010 will be handled as Day of Registration & participants should check-in at the Day of table on the 3rd!

Runner's bib will be available on race day.

ENTRY FEES

Includes a Harvest Fair Run t-shirt and fair entry:

\$30 = Adult pre-registration

\$40 = Adult day-of-race registration (in effect as of Oct 1st)

\$12 = Youth (12 & under, pre-reg and day-of)

\$60 = Family Package (pre-reg only, includes up to 2 adults and 2 youth)

Schedule of Events

6:30 - 7:30 AM	Check-in/Register
7:40 AM	Wheelchair Division
7:45 AM	1K Fun Run/Walk begins
8:05 AM	Warm-up in Mexican Village
8:15 AM	10K Race begins
8:20 AM	5K Race begins
8:00 - 10:30 AM	Post-race festivities in Redwood Theater
9:30 AM	Awards Ceremony
10:00 AM	Results posted

ONE PERSON PER RACE ENTRY FORM (except for Family Package)

NAME: (Last) _____ (First) _____ (MI) _____ Sex: Male Female

Address _____ Date of Birth _____

City _____ State _____ Zip _____ Phone () _____

Email (receive your virtual runner's bag via email!) _____ Age on Race Day _____

T-shirt sizes (Adult): Small Medium Large Extra Large XXL (Youth): Medium Large

Yes, I participated in the YMCA Harvest Fair Run training program.

I am registering to run race category (circle one) 1K/5K /10K. Choose the race category and division you will enter on race day. For accurate results, it is important that you run in the race division for which you have registered. Runners finishing in races or divisions other than the ones for which they have registered may be disqualified from awards.

WAIVER: In consideration of your accepting this entry, I, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims for damages I may accrue against the Sonoma County Family YMCA, The Harvest Fair, The City of Santa Rosa, their representatives, successors, and assigns for any and all injuries arising from my participation in the Sonoma County Harvest Fair 1K/5K/10K Fun Run, **October 3, 2010**. I attest and verify I am physically fit and have sufficiently trained to safely complete this race. I agree to my photo being taken and potentially used by the YMCA for marketing purposes. Race entry is null and void if not signed.

Signature _____ Date _____ Parent's Signature (if under 18) _____

2nd adult's signature _____ Date _____

RACE CATEGORY (Check one) Male Female 1K 5K 10K
 DIVISIONS/AGE GROUPS (Check one) 7 & under 8-12 13-15 16-19 20-29 30-39
 40-49 50-59 60-69 70 & up Wheelchair

FAMILY PACKAGE

Yes, I would like to take advantage of the family package that includes entries for up to 2 adults & 2 youth. List 2nd adult & youths below:

2nd Adult Name: _____ (circle one) 1K/5K /10K Sex: M / F Age on race day: _____ Shirt Size: _____

1st Youth Name: _____ (circle one) 1K/5K /10K Sex: M / F Age on race day: _____ Shirt Size: _____

2nd Youth Name: _____ (circle one) 1K /5K/10K Sex: M / F Age on race day: _____ Shirt Size: _____

Return entry form with non-refundable fee to: HF Run, c/o YMCA at 1111 College Ave., Santa Rosa, CA 95404

Through Sept. 30th entry forms/payment(checks only) may also be dropped off at

Heart & Sole, 65 Brookwood Ave., Santa Rosa, CA 95404

Questions? Call the YMCA at 707-545-9622



Sunday, Oct. 3, 2010

Sonoma County Family Y
 presents

the 32nd Annual
HARVEST
FAIR
1K/5K/10K



The 32nd Annual YMCA Harvest Fair Fun Run benefits the YMCA Sponsorship and Outreach programs. This annual run helps financially disadvantaged families and children to participate in the YMCA and the many enriching programs it offers, including summer camps and activities to promote a healthy lifestyle.

YMCA Mission Statement

The Sonoma County Family YMCA seeks to enhance the lives of all people through programs designed to develop spirit, mind and body. We are dedicated to the values of caring, honesty, respect and responsibility.

Thank you to our valued sponsors:

