



5K Walk/Run

Heart of the Valley

5TH ANNUAL

The Rotary Club of West Covina

Saturday, May 30, 2015 • Starting Time: 8:00 am
Plaza West Covina
 112 Plaza Drive, West Covina

This Event will be held Rain or Shine – No Refunds

Visit our Health Fair
 Plaza West Covina
 Center Court

Free Health Screenings • Product Demonstrations • Important Information Education • Wellness and Fitness
Open to the Public 10:00 am - 4:00 pm

Thank you to these sponsors:



Starting Line Sponsor



Finish Line Sponsor



Bib Sponsor

\$20 Early Bird Registration if registered before May 16, 2015

\$25 May 17 - May 24 \$35 On Race Day
 \$30 May 25 - May 30 \$5 Kids (under 12)

For groups of 20 or more, registration is \$20 per person.

Race Day Registration starts at 6:45 am

T-shirts and Goodie Bags only guaranteed for pre-registered participants

Packet pickup for pre-registered runners: May 29th at Elite Running 10:00am - 7:00pm

2694 E. Garvey Ave., South, West Covina, CA 91791

1st, 2nd & 3rd Place Awards for each age category:

9 & under, 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39,
 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80-89

Register

By Mail: Send form and entry fee to:
 HOTV5K: Race Director
 P.O. Box 93, West Covina, CA 91793

Online:

www.active.com or www.Racewire.com



In Person: Elite Running

2694 E. Garvey Ave., South, West Covina, CA 91791
 Mon-Fri 11:00am - 7:00pm Sat 10:00am - 6:00pm
 Sun 2:00pm - 5:00pm

For more information, please contact the West Covina Rotary Club via e-mail at wrotaryclubhotv5k@gmail.com or call (909) 910-0513.

 www.facebook.com/WCRotary

www.WCRotaryClub.com

Proceeds go towards fighting childhood obesity in the City of West Covina

Entry Form

Please complete on entry form per participant

Name _____

Address _____

Phone _____ Sex _____

Email _____ Age on Race Day _____

T-shirt (select one):

Adult S M L XL Child S M L

Waiver

I know that participation in the Rotary Club of West Covina/City of West Covina/Westfield West Covina's 5K Race is a potentially hazardous activity. I understand that I should not participate in the event unless I am in good physical condition. In consideration of this entry acceptance, I hereby, for myself, my heirs, executors and administrators, assume the risk of any injury and I release, discharge and hold harmless the volunteers, staff, all event sponsors and all claims for death, injury or damages arising from my participation in it. I also understand that bicycles, skateboards, baby joggers, rollerskates/blades and animals, are NOT ALLOWED in the race and I will abide by these guidelines. I additionally permit free use of my name and pictures and broadcasts, telecasts, newspapers, periodicals, website and brochures that report to promote this event.

Signature _____ Date _____

Signature or parent or guardian (if under 18) _____ Date _____