



**Wolf Pack**  
**EVENTS**  
**RUN • BIKE • FUN**

# GOLDEN BEARS 5K Run/Walk

## 5K – Trail Run-Walk

April 7, 2012

5K Run/Walk Start Time - 9:00 AM

7301 San Pablo Dam Road, El Sobrante, CA

- ENTRY FEES** : \$35.00 – Pre-Registration      \$40.00 – Day of the Race  
**PARKING** : Free on Race Day  
**TIMING CHIPS** : for Each Participant  
**Pre-Registration**: Post Marked by March 31<sup>st</sup> or Online @ active.com until April 4<sup>th</sup>  
**RACE DAY REGISTRATION**: Open from 7:30 AM until 8:30 AM only  
**MEDALS** : Will be given to the top 3 finishers in each division  
**PLAQUES**: Will be given to the Overall Winner of the Men's and Women's Division  
**DIVISIONS**: 5-8, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54  
 55-59, 60-64, 65-59, 70-74, 75-79, 80-84, 85+

T-Shirts are guaranteed to all pre registered runners, race day they will be given out on a "first come first served" basis

### GOLDEN BEARS 5K Run/Walk – RACE ENTRY FORM – April 7, 2012

Make checks payable to Wolf Pack Events (WPE). Detach and Mail this form to: PO Box 20691, El Sobrante, Ca, 94820

T-Shirt size – Circle One: Youth    S    M    L    XL    XXL

NAME \_\_\_\_\_ AGE \_\_\_\_\_ Birth Date \_\_\_\_\_ GENDER M F  
 Last (Print Please) First

ADDRESS \_\_\_\_\_ Emergency PHONE# \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_ CLUB/TEAM/Affiliation \_\_\_\_\_

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

**Participants Under 18 must have a Parent or Guardian sign this authorization/release form.**

**WAIVER:** This is a legal document, read carefully. I hereby waive and release, indemnify, hold harmless and forever discharge Wolf Pack Events, East Bay Mud, and East Bay Regional Parks District and its agents, employees, officers, volunteers, directors, and organizations affiliated with the race for any and all injuries suffered by me at the race or en-route to and from the race event. I acknowledge that the race courses are on trails and shared by with other park visitors, including; runners, hikers, bikers, and horses. I attest that I am physically fit and sufficiently trained for this competition and a licensed M.D. has verified my physical condition in the last six months. I acknowledge that I have read and understand all of the above. I grant my permission to allow photo and/or other video images of myself to be used for promotional purposes.

Further Questions? Call Wolf @ 510-459-0854 or [www.wolfpackevents.com](http://www.wolfpackevents.com)

