

# RUNNERS & WALKERS, TRAIL & ROAD!

# EveryoneRuns

A Race Production Company

Tucson's very own, locally owned and operated, race production company. It's running and walking in Tucson for all levels of runners and walkers.



**Saturday, Sept. 26, 2009 • 6:30 a.m.**

**TMC, Prestige Fitness "Reverse the Course" Catalina State Park 4.25 & 8.5 Mile Trail Race**  
**It's April in reverse without the sand!**

September means the April course in reverse, still featuring those same spectacular mountain views and just a little bit less distance! Your two trail course starts at the Catalina State Park trailhead and travels the Canyon Loop (counterclockwise) and Nature Trail (clockwise), but this time you get to go down the "92 Stair Climb" and avoid the sand of the Bridal Trail! Terrain consists of desert mountain trails and creeks, all with mostly moderate climbs and descents. Elevation ranges from 2799 to 3008 feet. 8.5 miler for runners only. Course support until 9:30 a.m. Awards for both distances for overall and 5-year age groups, free breakfast, free Robeks Smoothies, free post-race massage, free photos and finisher tech shirts! Course map is posted at everyoneRuns.net

**Sunday, Nov. 1, 2009 • 7:15 a.m.**

**The Fifth Annual Fleet Feet, TMC Move with Spirit Half-Marathon & Saguaro Physicians 5K Run & Walk & TMC for Children Fun Run**

Our picturesque mostly flat course (as mostly flat as Tucson can be!) starts and finishes at Sabino High School, traveling the neighborhood roads at the foot of the Catalina Mountains. Course map is posted at everyoneRuns.net. The course features live music, at least eight water stations, cheery volunteers and great scenery. Family and friends can cheer you on as you finish on the football stadium track! Kids can take on the TMC for Children Fun Run designed just for them. Awards and finisher tech shirts for half and 5K participants (overall and five-year age groups), free breakfast, free Robeks Smoothies, free photos, free post-race massage and free on-site child care from Tucson Medical Center. Course support until 11:00 a.m. (3:45 time limit).



**Registration by mail** All event correspondence will be done through email and web postings on everyoneRuns.net. Please provide a legible email address.

MALE  FEMALE FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_  
 EMERGENCY CONTACT/PHONE ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

**CHECK ALL EVENT PARTICIPATION CHOICES THAT APPLY:**

SEPT. 26 —8.5 MILER AGE ON RACE DAY: \_\_\_\_\_ TECH-SHIRT SIZE:  S  M  
 SEPT. 26 — 4.25 MILER  L  XL  
 NOV. 1 — HALF  NOV. 1 — 5K Women's sizes may  
 NOV. 1 — FUN RUN AGE ON RACE DAY: \_\_\_\_\_ run small, choose accordingly. Shirt or  
 performance hat for September race.

**Payment Method:** Cash or Check (Payable to EVENTS FOR EVERYONE)  
 Credit Cards available only at everyoneRuns.net or active.com

**EVERY PARTICIPANT MUST SIGN THIS WAIVER!**

**Participant's Agreement, Waiver, Release & Acknowledgment**

I know that participating in a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. 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 high heat or cold, traffic and the conditions of the road, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Events for Everyone, LLC (dba Everyone Runs) and its officers and agents, Pima County, Tucson Unified School District, Arizona State Parks, all event sponsors, their representatives and successors, and United States Track and Field, its officers, directors, agents and employees from all claims or liabilities of any kind arising out of my participation in this event 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 of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

**ENTRY FEES**

September 26, 2009	8.5 mi.	4.25 mi.
By 9/6/09	\$35	\$30
By 9/24/09	\$40	\$35
By 9/26/09	\$45	\$40

Race caps at 500

November 1, 2009	Half	5k	Fun Run
By 10/4/09	\$55	\$30	\$8
By 10/28/09	\$60	\$35	\$8
10/29/09 through 6:45 a.m. race day	\$65	\$40	\$8

\*All prices include finisher tech shirts (except for Kid's Run), free breakfast, smoothies and photos.

**TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_**  
 (your entry fee is non-refundable)

Signature (Parent or guardian if under the age of 18) \_\_\_\_\_ Date \_\_\_\_\_



**Mail This Entry Form And Payment To:**

Events for Everyone • P.O. Box 35882 • Tucson, AZ 85740 • (520) 797-RUNS • E-mail: everyoneRuns@comcast.net • www.everyoneRuns.net

