

Friday  
SEPT. 17  
5-7pm

Meet with members of the Albany Public Schools Foundation at Sybaris (442 First Ave SW) for hors d'oeuvres and soft drinks. Tickets are available for \$5 at the door.



Saturday  
SEPT. 18  
9-11am

5K Run/Walk starts at Ray's Food Place (621 Hickory Street NW). Medals will be awarded to the top three finishers in each age category.

**TWO Ways To ENTER**

- By mail or in person by September 10, at the Albany Public Schools district office (718 7th Avenue SW)
- On the day of the race at Ray's Food Place (621 Hickory Street NW) from 7:30 a.m. - 8:30 a.m.

Entry Fees:  
Pre-Registration (postmarked by 9/10/2010)  
\$17 Adult; \$12 Youth  
Day of race: \$20 all ages

Entry forms are available at locations throughout Albany, at Ray's on the day of the race, or online at [www.8j.net](http://www.8j.net) or [www.goodrace.com](http://www.goodrace.com)

Thanks to our sponsors!

Each participant receives a t-shirt!

**NATIONAL FROZEN FOODS • SYBARIS  
ALBANY DEMOCRAT HERALD • KGAL/KSHO RADIO**

AASUM/DUFOUR FUNERAL HOME • ALBANY ATHLETIC CLUB • ALBANY EYE CARE CENTER PC - DRS. JONATHAN BERRY, CHRISTOPHER BERRY, AND KEVIN BLAIR • ALLIED WASTE OF ALBANY & LEBANON • BOEHME & RUNNING CPA'S, LLC • COASTAL FARM & HOME SUPPLY • COUGAR CONSTRUCTION, INC. • EAST ALBANY LIONS CLUB • EDWARD JONES - CHRIS AND RALPH SCARIANO • EMMA DOWNTOWN • EXPRESS EMPLOYMENT PROFESSIONALS • JOHNSON MCGOWAN & ASSOCIATES • KOONTZ & PERDUE, PC • LAZERQUICK • LES SCHWAB TIRE CENTERS • NOW BUILDERS • PACIFIC POWER • RAY'S FOOD PLACE • SAMARITAN ALBANY GENERAL HOSPITAL • SANDY & CHRIS • SECURITY ALARM CORPORATION • SELMET INC • TEC LABS • THERAPEUTIC ASSOCIATES/MID VALLEY PHYSICAL THERAPY • WAH CHANG • WEATHERFORD THOMPSON COWGILL BLACK & SCHULTZ, PC

**EAT & RUN 2010  
REGISTRATION**

LAST NAME

FIRST NAME

ADDRESS

CITY STATE

ZIP

/  /    
 DATE OF BIRTH AGE ON 9/17/10

GENDER: M F

-  -   
 PHONE

PRE-REGISTRATION: Adults: \$17 (before 9/10) Youth (14 & under): \$12  
 AFTER 9/10: \$20 (all ages)

SHIRT SIZE (ADULT SIZES)  S  M  L  XL  XXL

**RUN RELEASE-MUST BE SIGNED FOR ENTRY TO BE ACCEPTED**

I, as a participant or the parent and/or guardian of a child participating in the 2010 Eat and Run event ("Event"), affirm that I and/or my children are in proper physical condition to participate in the Event and personally assume all risks incident to my or my child's participation in the Event organized by The Good Race and the Albany Public Schools Foundation, including without limitation, use of race related facilities, public streets and all other hazards incident to or related to the Event.

In consideration of the acceptance of this entry by the Albany Public Schools Foundation, on behalf of myself and/or my child and our heirs, successors, assigns, guardians, personal representatives, conservators and any other legal representatives, I hereby release, indemnify and hold harmless The Good Race, the Albany Public Schools Foundation, the Greater Albany Public School System, Event sponsors and the officers, directors, employees, agents and volunteers of the forgoing organizations from any and all liability, claims, demands or causes of action arising out of or related to, directly or indirectly, my or my child's participation in the Event.

SIGNATURE OF PARTICIPANT OR PARENT AND/OR GUARDIAN OF PARTICIPANT

DATE

Make checks payable & mail to:  
 Albany Public Schools Foundation  
 718 7th Avenue SW, Albany, OR 97321