



**An event to promote
fitness for youth...
hosted by the
Albani Middle School
Cross Country Team**

Check-in Time: 2:30-4:30pm

Kinder Race Time: 4:30pm

1st-2nd Race Time: 4:45pm

3rd-4th Race Time: 5:00pm

5th-6th Race Time: 5:20pm

Katherine Albani Middle School
9140 Bradshaw Rd.
Elk Grove, CA 95624

Race Director: Traci Seto
Phone: (916) 686-5210
Fax: (916) 686-5538
E-mail: tseto@egusd.net



8470 Elk Grove Blvd
Elk Grove, CA 95758
(916) 478-9663



Katherine Albani Middle School Cross
Country Team hosts...

4th Annual Falcon Fun Run



Friday, October 30, 2009

**Race is open to all
elementary students**

1 Mile Run (5th-6th Grade)

3/4 Mile Run (3rd-4th Grade)

1/2 Mile Run (1st-2nd Grade)

1/4 Mile Run (Kindergarten)

2009 Falcon Fun Run

We hope that you will consider joining us for this fun event.

2009 Albiani Cross Country Team

- Nye Avilla
- Oscar Corona
- Anna Cortopassi
- Jaclyn Cross
- Spencer Cudworth
- Harsharan Dhaliwal
- Brenda Duran
- Morgan Fendick
- Ben Garcia
- Selena Gonzales
- Jady Hong
- Scott Johnson
- Anna Kilgrow
- Lisa Kilgrow
- Jake Marshall
- Zachary Matsumoto
- Brandon Nguyen
- Jenna Ogden
- Riley Pimentel
- Cody Rayfield
- Christian Rivera
- Ruben Robles
- Zachary Rogers
- Jacob Seto
- Matt Seto
- Noah Seto
- Abby Thompson
- Jerriann Wells
- Orlando Wilkerson



4th Annual Falcon Fun Run



2009 Falcon Fun Run Entry Form

Runner Name: _____

Elementary School: _____

Grade: **K 1 2 3 4 5 6**

Gender: **M or F**

Shirt (Child Size): **Small Med Large XL**

Parent Name: _____

Address: _____

Phone: _____

Katherine Albiani Middle School Cross Country Team will be hosting the 4th Annual Falcon Fun Run. This race is open to all elementary school students.

T-Shirts

All runners registered prior to 10/26/09 are guaranteed a t-shirt. Runners registered after 10/26/09 will receive a t-shirt while supplies last. All runners will also receive a finisher ribbon.

Racecourse

The racecourse features a 1/4-mile run for Kindergarten, a 1/2-mile run for 1st and 2nd graders, a 3/4-mile run for 3rd and 4th graders, and a 1-mile run for 5th and 6th grade students.

All races will start and finish at Albiani Middle School, located at 9140 Bradshaw Road.

Awards

Medals will be awarded to the top boy finishers and top girl finishers in each division.

Refreshments

Post-race refreshments provided for all runners.

Race Day Schedule

3:00-4:30 PM	Pre-Registration Check-In
3:00-4:30 PM	Race Day Registration
4:30 PM	1/4-mile Run (K and Pre-K)
4:45 PM	1/2-mile Run (1st - 2nd)
5:00 PM	3/4-mile Run (3rd - 4th)
5:20 PM	1-mile Run (5th - 6th)

Liability and Publicity Release: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a program official relative to my ability to safely complete this race. I assume all risks associated with running/walking in this race including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release, Katherine Albiani Middle School, Elk Grove Unified School District and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these race activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this and all other race rules. I grant permission to all foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Parent Signature: _____

Date: _____

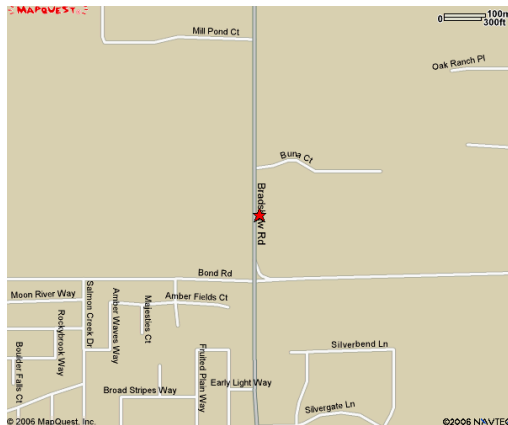
Race Entry Fee (Includes T-Shirt and Finisher Ribbon)

\$10.00 received on or before 10/26

\$12.00 received after 10/26 or raceday

Make checks payable to: **KAMS - Cross Country Team**

Send Registration Form with Payment to:
Albiani Middle School - Attention: Traci Seto
9140 Bradshaw Road, Elk Grove, CA 95624



Katherine Albiani Middle School
9140 Bradshaw Rd.
Elk Grove, CA 95624