

South Pasadena High School Booster Club presents



The Tiger Run

www.SPTigerRun.com



5K and 10K Run/Walk, plus 5K Wheelchair and Tiger Cub Run

Saturday, December 1, 2007

Course:

The 5K is a fast, flat course through the tree-lined streets of South Pasadena, starting at the high school. The first half of the 10K covers the same ground as the 5K, then veers off on a challenging, hilly course through South Pasadena's Monterey Hills.

Features:

- USATF Sanctioned event
- Beautifully designed long-sleeved Tiger Run Logo T-shirt
- Have fun while supporting South Pasadena High School athletic teams
- 61 race categories

Tiger Cub Run:

For age 10 and under Tiger Cubs, a one-lap fun run around the SPHS track. Short-sleeved T-shirts and awards for every runner.

Registration Fees:

“Early Bird” discount: (postmarked or on-line by Nov. 21)
\$15.00 - includes Tiger Run Logo T-shirt
\$12.00 – without T-shirt

Regular registration: (postmarked or on-line after Nov. 21)
\$20.00 – includes Tiger Run Logo T-shirt

Tiger Cub Run:
\$ 7.00 – includes Tiger Cub Run Logo T-shirt

Information:

- Race packets may be picked up in the SPHS cafeteria on Nov. 30 from 3:30 to 8:00 pm, or Dec. 1 from 6:00 to 7:30 am
- For more information, contact Race Director: Therese Molina (626) 403-0752 or visit The Tiger Run website.

Race Categories:

Men's/Women's (1st, 2nd, 3rd) for each category:

5K and 10K

- | | |
|------------------------|---------|
| • Wheelchair (5K Race) | • 40-44 |
| • Elementary (K-5) | • 45-49 |
| • Middle School (6-8) | • 50-54 |
| • High School (9-12) | • 55-59 |
| • 18-24 | • 60-64 |
| • 25-29 | • 65-69 |
| • 30-34 | • 70-79 |
| • 35-39 | • 80+ |

Start Times on Race Day:

- Registration/Package pick up: 6:00 - 7:30 am in the SPHS cafeteria
- 5K/10K races begin promptly at 8:00 am
- Cub Run begins promptly at 9:00 am

How to Register:

- Register on-line at www.active.com
- Mail entry form and registration fee to:
Kelly Jung
124 Monterey Rd., Apt. 208
South Pasadena, CA 91030
- Register in store at:
Run With Us
235 N. Lake
Pasadena, CA
- Register in person Nov. 30 at the SPHS cafeteria between 3:30 and 8:00
- Register in person Dec. 1 at the SPHS cafeteria between 6:00 and 7:30 am
- Checks payable to SPHS Booster Club

Awards and drawing prizes will be presented immediately following the 10K. Winners must be present to collect awards/prizes.

-----Cut here and mail bottom portion-----

Mail entry to: Tiger Run c/o Kelly Jung 124 Monterey Rd., Apt. 208 South Pasadena, CA 91030 Make checks to SPHS Booster Club

NAME: _____

ADDRESS: _____

CITY: _____ **ST:** _____ **ZIP:** _____

PHONE: _____ **AGE:** _____ **SEX:** _____

RACE: ___ 5K ___ Cub Run
 ___ 10K ___ Wheelchair

DIV: ___ Elem ___ 40-44
 ___ Mid. Sch. ___ 45-49
 ___ High Sch. ___ 50-54
 ___ 18-24 ___ 55-59
 ___ 25-29 ___ 60-64
 ___ 30-34 ___ 65-69
 ___ 35-39 ___ 70-79
 ___ 80+

Waiver: I fully understand that my participation in the 5K/10K or Tiger Run exposes me to the risk of personal injury, death or property damage. I hereby acknowledge that I am voluntarily participating in the event and agree to assume such risk. I further understand that this event is being sponsored by the South Pasadena Unified School District Tiger Booster Club, a separate entity from the City of South Pasadena's Municipal operation. I hereby release, discharge and agree to not sue the City of South Pasadena or any of its officers, employees or agents for any injury, death or damage to or loss of personal property arising out of or in connection with, my participation in the activity.

FEE: (see fee schedule above)
\$ _____ 5K or 10K
\$ _____ Tiger Cub Run

SIGNATURE _____ **DATE** _____

T-SHIRT: (circle one) **5/10K** or **Tiger Cub Run**
(circle size) **S M L XL**

