

MEET in the HEAT



5K-10K Run/Walk

Kids 1 Mile Run

Vacaville, Ca

Saturday, August 8

8:00 am - 11:00 am

Lagoon Valley Park

Highway 80 - Pena Adobe exit



FLEET FEET
Sports



**Questions?
469-4004**



Are you looking for something healthy to do on a Saturday morning?

- Join the 5K-10K Run/Walk and explore the beautiful Lagoon Valley trails.
- There will be a kid's, 10 & under, One Mile Fun Run directly after the 5K-10K.
- Proceeds will benefit Vacaville PAL.
- There are various age divisions for men and women.

\$20

t-shirt for those who pre-registered

5/up

\$25

race day; t-shirt while supplies last

Registration Hours and Locations

24 Hour On-Line Registration, at www.vacavillepal.com
or any of the sites below.

McBride Center
91 Town Square Place
469-6660
M-F, 8:30am-5:00pm

Three Oaks Community Ctr.
1100 Alamo Drive
449-6122
M-F, 8:00am-5:00pm

Ulatis Community Center
1000 Ulatis Drive
449-6214
M-F, 8:00am-7:00pm

Fleet Feet
354 Merchant Street
449-9266
M-F, 10:00am-6:00pm
Sa, 9:00am-5:00pm
Su, 12:00-4:00pm

Policy of Non-Discrimination on the Basis of Disability
The City of Vacaville is committed to providing meeting facilities that are accessible to persons with disabilities. To request meeting materials in alternative formats, or to request a sign language interpreter, real-time captioning, or other accommodation, call 707-449-5409 (or 707-449-5162-TTY) at least four days prior to the meeting. Assistive listening devices may be obtained at the meeting or by calling the numbers above.

SATURDAY, AUGUST 8nd / MEET IN THE HEAT 5K/10K RUN/WALK

Challenge yourself with the Semi-Annual Meet in the Heat sponsored by The City of Vacaville Community Services Department, The Vacaville Police Activities League, and Fleet Feet Sports of Vacaville and Muzino. This event benefits the youth participants of the Vacaville Police Activities League.

RACE DAY

Registration will open at 8:00a.m. the day of the event with the 5k&10k starting at 9:30a.m. Sharp!
The Kids 1 Mile will begin promptly afterwards.

DIRECTIONS TO LAGOON VALLEY PARK, VACAVILLE

From Sacramento: Take Interstate 80 West, exit Cherry Glen / Lagoon Valley.

From Bay Area: Take Interstate 80 East, exit Cherry Glen / Lagoon Valley.

Free Parking

COURSE

5K/10k: Part road, part cross country, mixed together for a great run. Slight uphill to start and then you can cut loose and make great time on the flats.

Kids 1 Mile: Pavement

DIVISIONS

5K: Female and male age groups 5-8, 9-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

10K: Female and male age groups 5-8, 9-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

Kids 1 Mile: Girls and Boys 10 and under

AWARDS

Trophies will be given for the **overall** winners of each race in the male and female categories.

Medals for all categories will be issued for 1st, 2nd, & 3rd place.

PRE-REGISTER AT ONE OF THE FOLLOWING LOCATIONS

- o **Vacaville:** Three Oaks Community Center, 1100 Alamo Drive, 449-6122
Ulatis Community Center, 1000 Ulatis Drive, 449-6214
McBride Center, 91 Town Square Place, 469-6660
Fleet Feet Sports, 354 Merchant Street, 449-9266
- o **Via the Web:** www.cityofvacaville.com, www.vacavillepal.com

PRE-RACE PACKET PICK-UP

Location: Fleet Feet Sports, 354 Merchant Street

Date: Friday, August 7st

Time: 4:00p.m.– 6:00p.m.

REGISTRATION FORM

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ EMAIL _____

TELEPHONE _____ AGE _____ GENDER _____ 5k 10k Kid's Mile

SIGNATURE _____ DATE _____

(must be signed by parent or guardian if under the age of 18)

PARENT / GUARDIAN NAME _____
(please print)

PLEASE CHECK ONE: Pre-registration \$20, race t-shirt included (before August 7st)

Day of registration \$25, race t-shirt while supplies last (after August 7st)

T-SHIRT: Child- Medium Large

Adult- Small Medium Large X-large XX-Large

PAYMENT TYPE: Cash Check Visa Master Card

Card # _____ exp. ____ / ____ Signature _____

MAKE CHECKS PAYABLE TO – City of Vacaville