



Design by TWK

THE FLEET FEET
RUN BETWEEN THE CITIES
 Rain or Shine

Saturday | Feb 6

Lagoon Valley Park

6:30 am | Registration

8:00 am Sharp! | Race Time

This race promotes health and wellness in the city of Vacaville and benefits the youth of the Vacaville Police Activities League

KIDS MILE RUN

INFO

Vacaville: 707.469.4004 or vacavillepal@cityofvacaville.com
 Fleet Feet Sports: 707.449.9266 or staff@fleetfeetvacaville.com

AWARDS T-SHIRTS FUN

Free Kids Fun Run (1 mile) - 10/under (\$10 T-shirt)
 \$20 Pre-registration by February 6 (T-shirt Included)
 \$25 Race day registration (T-shirt while supplies last)



SATURDAY, FEBRUARY 6 | FLEET FEET RUN BETWEEN THE CITIES 5K & 10K FOOTRACE AND WALK

Join us for the 4th annual run/walk between the cities of Vacaville and Fairfield, beginning from the beautiful Lagoon Valley Park to near Paradise Golf Course and ending back at the park. The race benefits the Vacaville Police Activities League an organization that offers alternative activities to delinquency and builds a common bond between youth, police and the community.

Registration

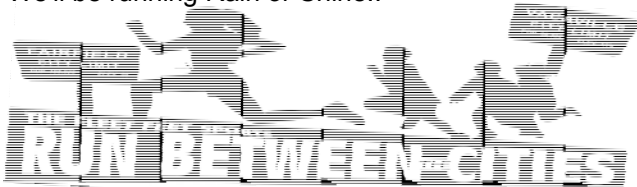
Pre-Register by February 4 - \$20 (T-shirt included)
Day of Registration, February 6 - \$25 (T-Shirt only while supplies last)
Kids 1-Mile-Free Registration - (T-shirt \$10)

Race Day – Rain or Shine

Check-in begins: 6:30am
Race Begins: 8:00am Sharp!

Course

10K: A unique out and back certified course from Lagoon Valley Park in Vacaville to near Paradise Golf Course in Fairfield. Out: Paved, flat road with a gradual slope and decent over frontage road. Back: Slightly steeper incline (up the famous "Slow Motion Hill") with a fast down hill back to a flat road.
5K- Flat and fast on a road certified course.
We'll be running Rain or Shine!!



Directions

Lagoon Valley Park, Vacaville. Interstate 80 East or West, exit Cherry Glen / Lagoon Valley.

Free Parking!

Divisions

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

Kids 1 Mile Free Run – 10:00am

After 5k & 10k races, for youth 10 and under
This free run will have awards given to all participants.
It will be run on a flat out and back course.

Awards

Trophies to overall male & female winner in 5K & 10K
Medals to top three in each division
Water provided to all finishers

Pre-Register at one of the following locations

Vacaville: Three Oaks Community Center, 1100 Alamo Drive, 469-4020
Ulatis Community Center, 1000 Ulatis Drive, 469-4000
McBride Center, 91 Towne Square Place, 469-6660
Fleet Feet Sports, 354 Merchant Street, 449-9266
Via the Web: www.active.com or www.vacavillepal.com

Pre-race check-in and registration

Friday, Feb.6 from 4:00-6:00pm at Fleet Feet in Vacaville. (Runners will receive their t-shirt, bib and can bypass race-day check-in)

REGISTRATION FORM

Participants will be required to sign a liability/waiver form at time of check-in.

Name _____ Address _____

City _____ State _____ Zip _____ E-mail _____

Telephone _____ Age _____ Gender _____ 10k 5k Mile Challenge

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 February 5th)
 Day of registration \$25, race t-shirt while supplies last (February 6 & 7th)

T-SHIRT: Child-Adult- Small Medium Large X-large XX-Large
 Medium Large

PAYMENT TYPE: Cash Check Visa Master Card

Card # _____ exp. ____ / ____ Signature _____

MAKE CHECKS PAYABLE TO VACAVILLE PAL