

# #

Sponsored  
by

**CR&R**  
INCORPORATED  
environmental services

LA HABRA  
MARKET  
PLACE

For sponsorship opportunities please contact the  
La Habra Community Services Department at 562-383-4200



## Medals

will be awarded to the Top 3 male  
& female 5K runners in each age  
group division. Medals will be  
available on race day.  
Group awards for Largest Group and  
Largest School Group.

# Saturday, March 14, 2020

at the La Habra Marketplace, 1801 W. Imperial Hwy

## 5K Run/Walk

Presented by CR&R Incorporated

## 1K KIDDY RUN

## 50-YARD DIAPER DASH

GOODIE-BAG & SHIRT FOR ALL  
REGISTERED RUNNERS

FREE Black Bear Diner and  
Chick-fil-A meal coupons for all  
1K and 50-Yard Runners



## Event Schedule

- 6:00 a.m. - Registration Opens
- 7:00 a.m. - Runners' Stretch
- 7:25 a.m. - 50-YD. Diaper Dash
- 7:30 a.m. - 1K Kiddy Run
- 8:00 a.m. - 5K Run
- 8:45 a.m. - 1K & 5K Awards



PORTION OF THE PROCEEDS WILL GO TO  
LA HABRA POLICE MEMORIAL FOUNDATION, INC.

## PACKET PICK-UP

Friday, March 13th  
4:00 to 6:30 p.m.

## HOW TO REGISTER:

In Person: 101 W. La Habra Blvd.

Online: [www.lahabraca.gov](http://www.lahabraca.gov)

Questions? Call 562-383-4200

Facebook: La Habra Recreation Division

Instagram: @LaHabraRecreationDivision

Twitter: @LaHabraRec

# OFFICIAL La Habra Races Entry Form



Early Registration Pricing Deadline  
**March 6, 2020**

Please make copies of this entry form for family and friends.  
Use one form per participant. For group rates of 10 people or more,  
contact us at 562-383-4200 or LaHabracRaces@lahabraca.gov

Name \_\_\_\_\_  
Age on Race Day \_\_\_\_\_ Phone \_\_\_\_\_  
\*E-mail \_\_\_\_\_

Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

**\*E-mail address required for race updates including bib assignment and results**

EVENT	(Select One)
★ 50-Yard Diaper Dash (Ages 3-5 yrs.)	
<input type="checkbox"/> \$20 (Thru March 06, 2020)	<input type="checkbox"/> \$25 (After March 06, 2020)
★ 1K Kiddy Run (Ages 6-9 yrs.)	
<input type="checkbox"/> \$25 (Thru March 06, 2020)	<input type="checkbox"/> \$30 (After March 06, 2020)
★ 5K Run/Walk	
<input type="checkbox"/> \$35 (Thru March 06, 2020)	<input type="checkbox"/> \$40 (After March 06, 2020)

GENDER			
<input type="checkbox"/> Female	<input type="checkbox"/> Male		
AGE DIVISIONS (5K)			
<input type="checkbox"/> 9 & under	<input type="checkbox"/> 25-29	<input type="checkbox"/> 45-49	<input type="checkbox"/> 65-69
<input type="checkbox"/> 10-14	<input type="checkbox"/> 30-34	<input type="checkbox"/> 50-54	<input type="checkbox"/> 70-74
<input type="checkbox"/> 15-19	<input type="checkbox"/> 35-39	<input type="checkbox"/> 55-59	<input type="checkbox"/> 75+
<input type="checkbox"/> 20-24	<input type="checkbox"/> 40-44	<input type="checkbox"/> 60-64	
SHIRT SIZE (for all participants)			
<input type="checkbox"/> Small (Youth)	<input type="checkbox"/> Large (Youth)	<input type="checkbox"/> Medium (Adult)	<input type="checkbox"/> XL (Adult)
<input type="checkbox"/> Medium (Youth)	<input type="checkbox"/> Small (Adult)	<input type="checkbox"/> Large (Adult)	<input type="checkbox"/> XXL (Adult)

## PAYMENT

### Credit Card:

Cash       Check (payable to City of La Habra)  
 Debit



Total Due: \_\_\_\_\_

Cardholder Name \_\_\_\_\_  
Card Number \_\_\_\_\_  
Expiration Date \_\_\_\_\_ CVC Number \_\_\_\_\_

## RACE WAIVER & RELEASE

In consideration of the acceptance of my application, I, intending to be legally bound for myself, my executors, administrators and assignees, do hereby waive and release the City of La Habra and its employees and sponsors, volunteers and associates and any other organization from all claims for damages and/or liability arising by the risks involved in the event, and I am physically fit and trained to participate, I acknowledge that I have read the foregoing paragraph and know and understand the contents thereof.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent/Guardian (if under 18 years) \_\_\_\_\_