



The Morro Bay
Community Foundation, Inc. presents

3rd Annual

Rock 2 Rock

5 Mile Fun Run

Proceeds from this event benefit the children of Morro Bay,
Los Osos and Cayucos in the form of scholarships to
participate in Recreation and Parks programs.

Saturday, October 2nd
Harbor Festival Weekend
8:30 A.M.

A portion of the beach is home to the Snowy Plover,
an endangered shorebird, as a result
NO DOGS will be allowed on the beach.

In addition, participants and spectators are required
to stay on the hard-packed sand.

For Further Information, please contact
Joe at 772-6278 or Marlene at 772-2554

Thank You.

Entry Fees

Pre-Registration

\$15.00
\$25.00 w/shirt

Race Day

\$25.00
\$35.00 w/shirt

Wear your Race t-shirt-get into the Harbor Festival on Saturday Free!

REGISTRATION

PRE-REGISTRATION (IN PERSON OR MAIL-IN) will be taken through Thursday September 30th at the Morro Bay Recreation & Parks Department, 1001 Kennedy Way, Morro Bay, CA 93442. **Cash or check only**, all credit card registrations must go through Active.Com (see below).

ACTIVE.COM ON-LINE REGISTRATION/CREDIT CARD PAYMENTS can be completed at Active.com until Thursday, September 30th. Our event is listed at:

www.active.com/event_detail.cfm?event_id=1873313

RACE DAY REGISTRATION will be taken from 7:00-8:15 a.m. at Morro Rock, cash or check only on race day please.

ABOUT THE RACE

Low tide is .10 ft. at 12:12 a.m.; high tide is 4.0 ft. at 7:17 a.m. with the race beginning promptly at 8:30 a.m. This out and back 5-mile race is run entirely on the beach from Morro Rock to North Point and then returning to Morro Rock. Expect debris, kelp and rocks on the beach.

AGE GROUPS: 10 & under, 11-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+.

AWARDS CEREMONY: occurs inside the Harbor Festival (participants with a Rock 2 Rock race shirt are given free entry on Saturday) at approximately 10:45 (exact area to be announced). Awards will be given to the top 3 finishers in each category. There will also be a special award for the overall top 3 female and male finishers.

PAYMENT RECEIPT

_____ CASH _____ CHECK# _____ TOTAL PAID \$ _____

DATE _____ STAFF _____

2010 Rock 2 Rock Entry Form

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____
ADDRESS _____

PHONE (_____) _____ M ____ F ____ DATE OF BIRTH _____

AGE CATEGORY: (please circle one) 10 & U, 11-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+

T-SHIRT SIZE (\$10 additional fee): (circle one) S M L XL
**adult sizes only/while supplies last*

RELEASE AGREEMENT:

In consideration of the acceptance of my application for entry into the above event, I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage which I may have, or which hereafter accrue to me, against the Morro Bay Community Foundation, Inc and the City of Morro Bay as a result of my participation in the event. This release is intended to discharge the Morro Bay Community Foundation, Inc. and the City of Morro Bay, their directors, officers, officials, employees, agents and volunteers, race sponsors and any other involved municipalities, non-profit agencies or public agencies from and against any and all liability arising out of or connected in any way with my participation in the event, even though that liability may arise out of the negligence or carelessness on the part of persons or the Morro Bay Community Foundation or the City of Morro Bay mentioned above. I further understand that accidents and injuries can arise out of the event; knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless all of the persons or agencies mentioned above who (though negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

Signature _____ Date _____

All participants must sign form. If participant is a minor, a parent or guardian must sign.



All proceeds used to provide recreational scholarships for children in Morro Bay, Cayucos and Los Osos!