

# Jackie Bristow Memorial 5K Run

Brought to you by St. Lucy's Cross-Country and the National Eating Disorder Association

Jackie Bristow passed away on January 1, 2008 from complications related to anorexia and bulimia. She was 19 years old. As we memorialize her, the purpose of this event is twofold: to raise awareness of eating disorders and body image issues, as well as to give participants an opportunity to celebrate their individual beauty regardless of shape or size.

**Date:** January 9, 2010

**Time:** 5K Race Start at 8:30 AM; Munchkin Mile Start at 8:00 AM  
Race-day registration begins at 6:30 AM ends at 8:00 AM  
Awards and raffle begins at 10:30 AM

**Address:** San Dimas Civic Center – 245 E. Bonita, San Dimas, 91773

**Cost:** 5K registration \$25 before January 3  
Munchkin Mile (12 and under) \$10 before January 3  
Race-day registration \$30 for 5K and \$13 for Munchkin Mile

**Goodies:** All pre-registrants guaranteed a Jackie's Run T-Shirt (must be present at race to receive)  
Race-day registrants will be provided T-Shirts as supplies last  
Everyone will receive a goody bag, free pancake breakfast, and raffle entry

**Awards:** 1st, 2nd, and 3rd place awards for male & female winners in each division  
Overall male & female winners receive \$200 each; Masters male & female receive \$100 each  
Group with greatest number of registered participants wins Team Spirit Award

**Divisions:** 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-64, 65 & over

**Registration:** Register online at [www.runningwithouted.com](http://www.runningwithouted.com)  
or mail registration form by January 3, 2010

**Other:** For complete information on all the morning's events please visit [www.runningwithouted.com](http://www.runningwithouted.com).  
Please send all other questions to Annie Ebner, 626.475.3735, [raceinfo@runningwithouted.com](mailto:raceinfo@runningwithouted.com).

Please return Jackie Bristow Memorial 5K forms to:  
Jackie Memorial Race, P.O. Box 3534, San Dimas, CA 91773

---

## Jackie Bristow Memorial 5K Run/Walk (one entry form required per participant)

**Participant Name:** \_\_\_\_\_ **Gender:** Male  Female

**Age on race day:** \_\_\_\_\_ **Race (select one):** 5K Race \_\_\_\_\_ Munchkin Mile \_\_\_\_\_

**E-mail address:** \_\_\_\_\_ **Phone:** ( \_\_\_\_\_ ) \_\_\_\_\_ -- \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**T-Shirt Size (select one):** Youth ⇒ Small  Medium  Large

Adult ⇒ Small  Medium  Large  XL  XXL

**Payment required with entry form!**

**Please see Payment Summary on other side *or*  
pay online at [www.runningwithouted.com](http://www.runningwithouted.com).**

### RELEASE AND WAIVER OF LEGAL RIGHTS

In consideration for your acceptance of this entry, I the below signed, intending to be legally bound for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the Jackie Bristow Memorial 5K Run/Walk, Jackie Memorial Run, St. Lucy's High School, the city of San Dimas, or any other groups or individuals associated with the Jackie Bristow Memorial 5K for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I also hereby grant full permission to any and all of the foregoing to use my likeness in all media including pictures, photographs, or any other record of this event for any legitimate purpose.

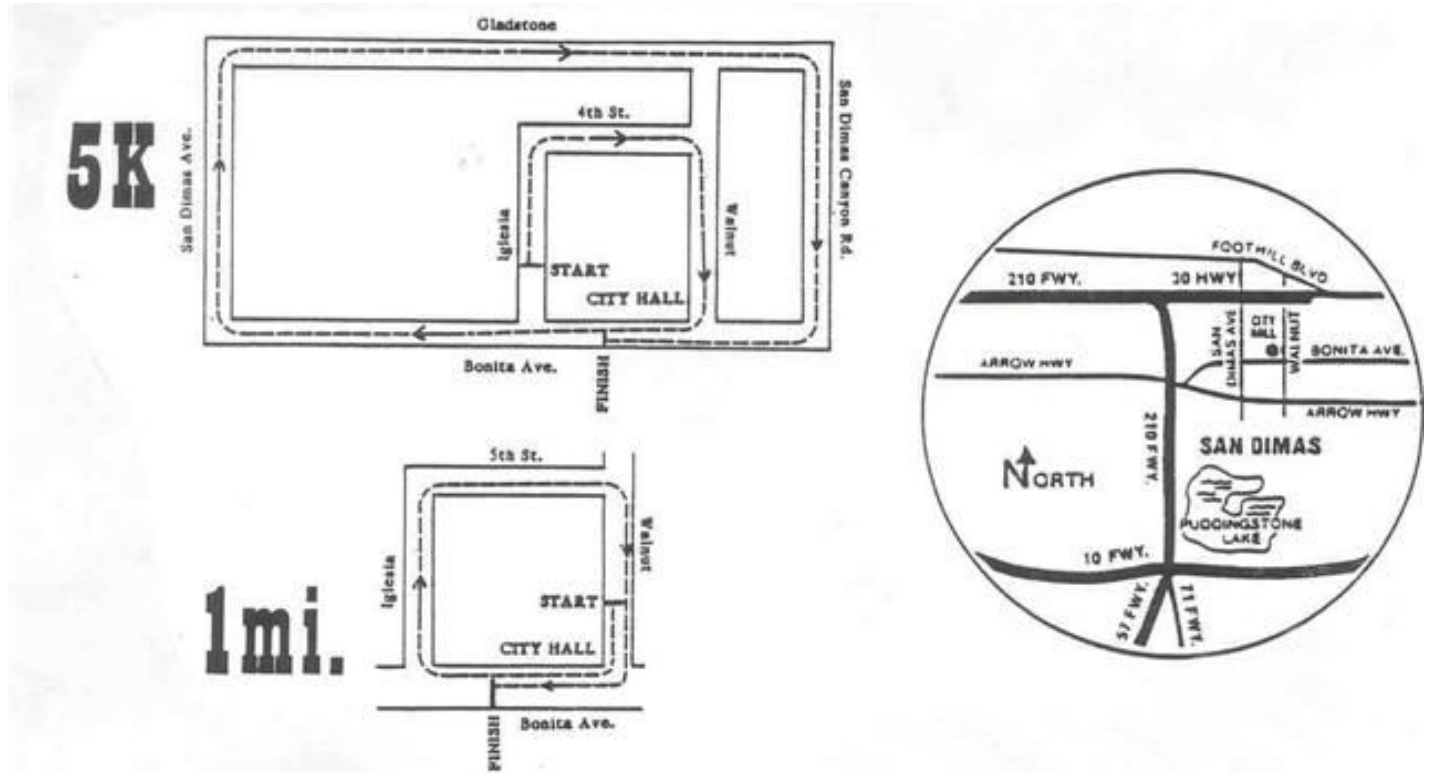
If entrant is under 18 years of age, parent or guardian must also sign entry.

\_\_\_\_\_  
**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_ **Parent or Guardian (if <18)** \_\_\_\_\_

This form **must be signed and on file** before an entrant will be allowed to run.

**Directions**

To the San Dimas Civic Center: if traveling south on the 57 fwy, exit Arrow Hwy and turn left; take a left at Bonita; the Civic Center is off of Bonita Ave. between San Dimas Ave. and Walnut Ave. If traveling north on the 57 fwy, exit Arrow Hwy and go straight onto Bonita Ave; the Civic Center is on Bonita Ave. between San Dimas Ave. and Walnut Ave.



**Jackie Bristow Memorial 5K Run  
Payment Summary**

			<b>Total</b>
<b>Single Entrants (less than 10)</b>			
Number of 5K Entrants	_____	<b>X \$25</b>	_____
Number of Munchkin Milers	_____	<b>X \$10</b>	_____
<hr/>			
<b>Group Entrants (10 or more)</b>			
Number of Entrants	_____	<b>X \$15</b>	_____
<b>Donation to the Jackie Bristow Memorial Fund</b>			
			_____
<b>Total Enclosed</b>			_____

**Make checks payable to: Jackie Memorial Run**  
**P.O. Box 3534**  
**San Dimas, CA 91773**

**If you are registering a number of entrants (singly or with the group discount), each entrant must fill out and personally sign a separate Entry Form (other side), but you only need to supply one of these forms outlining the payment for all of the entrants.**