



SPRING FORWARD

A CHARITY RUN

SAT, APRIL 16, 2016 – 8:00 AM START



5K - WALK & RUN OR 10K - RUN Milpitas, SanDisk Campus

BENEFITS: All proceeds from the race fund programs that prevent, reduce and alleviate poverty in Santa Clara County - including affordable housing, early education, STEM, and employment programs. For additional information visit www.CatholicCharitiesSCC.org.

FEES: 5K & 10K: \$40; Children's Run: (10 & under) \$15. Technical T-shirt, bib, timing chip, free race photos and post race refreshments are included.

REGISTRATION: Register now at www.springforward5k10k.com or www.active.com/milpitas-ca/running/distance-running-races/spring-forward-5k-10k-2016

COURSES: Both the 5K & 10K courses are along the incredibly scenic Coyote Creek Trail. Baby joggers are allowed but please do not start at the front. Children's 1-Mile is an out & back. We respectfully ask that you do not bring your dog. Thank you.

AWARDS: 5K - Overall male/female, & masters. Medals 3 deep in age groups 10 & under, 11-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+. 10K- Overall male/female, & masters. Medals 3 deep in age groups 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, 70+.

LOCATION: 951 Sandisk Drive, Milpitas, CA and the Coyote Creek Trail at the Sandisk Campus.

EVENT SCHEDULE: 6:30 a.m. - Check-in and Race Day registration opens - Photo ID's required.
8:00 a.m. - 5K/10K run starts (starts under the finish arch.)
10:00 a.m. - Children's Run start.

SPONSORS: Title and Host Sponsor - SanDisk

SanDisk®



SPRING FORWARD

ADULT 5K (\$40)

ADULT 10K (\$40)

CHILDREN'S RUN - 10 & under (\$15)

Name _____

Address _____

City/State/Zip _____

Age On Race Day _____ Male Female Phone (_____) _____

E-Mail Address _____

OFFICIAL USE

PLEASE PRINT CLEARLY.
Make checks payable to Spring Forward.
Mail form and entry fee to:
On Your Mark Events
P.O. Box 1199,
Arnold, CA 95223
209-795-7832
www.OnYourMarkEvents.com

Waivers to be signed on race day. Anyone under the age of 18 will need a parent or legal guardian to sign.