

The High Desert Runners present....

# Jingle Bell Fun Run 2016

**5K Run/Walk,  
Kids 1K Elf Run  
Sunday,  
December 11, 2016**

**Marie Kerr Park  
2723 Rancho Vista Boulevard  
Palmdale, CA 93550**



**Proceeds Benefit**

**Antelope Valley Search & Rescue and Grace Resource Center**

**Location:** Marie Kerr Park, Rancho Vista Blvd. just east of 30<sup>th</sup> Street West, Palmdale.

Start/Finish located at the gymnasium parking lot.

**Start Times: 5K Run/Walk 9 am  
Kids 1K Elf Run (age 10 and under) 10 am**

**Sponsorship:** The 17<sup>th</sup> annual Jingle Bell 5K Fun Run and Kids 1K Elf Run are presented by the High Desert Runners, the Antelope Valley's running club. Proceeds from this event will be donated to Grace Resource Center, a non-profit organization striving to eliminate hunger and poverty in the Antelope Valley community and Antelope Valley Search and Rescue.

**Courses:** The 5K is a measured course primarily on dirt paths and the auxiliary parking area of the park. The Kids 1K Elf Run is on the jogging path around a soccer field. This 5K is a Chipped Timed Event.

**Awards:** Custom designed Medals for all Finishers and Tech Shirts for all participants. Kids 1K Elf Run participants will also receive a Finishers Medal and Elf Hat.

**Costumes:** Appropriate seasonal attire is encouraged. Prize for the best costume!

**Refreshments:** Free Pancake Breakfast after the race and Pre-run hot chocolate and water for all participants. A Water station will be at the halfway point of the 5K Course.

**Entry Fee: 5K and Kids 1K Elf Run:**

**\$30 for Adults  
\$20 Students and High Desert Runners Members  
\$10 Kids 1K Elf Run (10 or younger)**

**Refunds:** Sorry, no refunds/transfers are allowed.

**Advance Registration and Packet Pick-up:**

On-line (no added fee) at:

<https://www.imathlete.com/events/EventOverview.aspx?fEID=38925&z=1476141496116>

**Dec. 9, 2016, Friday, Packet Pickup at:**

- ✓ **Vince's Pasta & Pizza, 2833 West Avenue L, Lancaster on Friday evening Dec. 9, 2016, between 4 and 8 p.m.,**
- ✓ **Mail completed entry form with entry fee to Jingle Bell 5K Run at High Desert Runners, P.O. Box 1714, Lancaster, CA 93539-1714 by Dec. 5. Make checks payable to High Desert Runners.**

**Race Day Registration:** Marie Kerr Park Gymnasium, 6:30 to 8:30 am (5K) and by 9:15 am for Kids 1K Elf Run.

**More Info:** Contact Race Director Erik Ruble (661) 435-6968 or [edruble16@gmail.com](mailto:edruble16@gmail.com)

NAME: \_\_\_\_\_ GENDER: M \_\_\_ F \_\_\_ AGE: \_\_\_\_\_  
(Last) (First or middle) (Race Day)

MAILING ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ RACE: 5K \_\_\_ 1K (age 10 & under) \_\_\_

E-MAIL ADDRESS if you want flyer e-mailed next year: \_\_\_\_\_

WAIVER OF LIABILITY: (must be read and signed by entrant, or if a minor, their parent or guardian): In consideration of your accepting my entry, I, the undersigned, intending to legally bind myself and my heirs, executors, administrators, next of kin and assignees, do hereby waive any and all rights and claims against any person or organization affiliated with this event, including the High Desert Runners, Inc., their officers, directors and members, the City of Palmdale Parks and Recreation Department and Antelope Valley Search & Rescue. I agree to indemnify and hold harmless the officials, race organizers and sponsors, if any, from any and all claims, actions, damages, liability and expenses including attorney's fees on account of injury to my person or property or resulting in my death while I am competing, observing or participating in any way in this event, including travel to and from the race. I further attest that I am physically fit and have sufficiently trained in order to be able to complete the race that I am entering, and that my physical condition has been verified by a licensed medical doctor.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT OR GUARDIAN'S SIGNATURE FOR MINORS: \_\_\_\_\_