

## PAYMENT

- Cash     Check  
(payable to  
City of La Habra)

### Credit Card:

-   Mastercard  
  Visa

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

Cardholder Name \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVC Number \_\_\_\_\_

**4 EASY WAYS TO REGISTER**

**MAIL-IN REGISTRATION** (until 3/3/17)  
La Habra Recreation Department  
101 W. La Habra Blvd.  
La Habra, CA 90631

**WALK-IN REGISTRATION** (until 3/3/17)  
Accepted Mon.-Fri., 8 a.m.-5 p.m., at the  
La Habra Community Center,  
101 W. La Habra Blvd., La Habra  
(562) 383-4200

**ONLINE REGISTRATION** (until 3/3/17)  
Accepted at [www.lahabraca.gov](http://www.lahabraca.gov)

**RACE-DAY REGISTRATION** (3/11/17)  
Registrations will be accepted at the  
course on the day of the event.

## 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)

## BRING THE KIDS!!

Introduce your kids to the joy of running as the morning kicks off with a pair of races just for them. **The Happy Teeth & Happy Braces** 50-Yard Diaper Dash (ages 3-5 years) starts at 7:30 a.m., and is followed at 7:40 a.m. by the **Chick-fil-A (6-9 years) 1K Kiddy Run**.

*\*All kids races registered runners will receive a participant award.*

Included in your registration fee is our Play Matters Fun Zone, sponsored by Jump Start Sports, where your kids can enjoy safe, fun activities while you compete.

## Medals

will be awarded to the Top 5 male & female 5K runners in each age group division. Medals will be available on race day.

## Running Clubs

Running Clubs with 10 or more runners will receive a discount.

Contact: KEImore@lahabraca.gov

A portion of the #LaHabraRaces will be donated to City Net, an organization that establishes, facilitates and provides backbone leadership to city-wide and regional Homeless Collaboratives. These are multi-sector collaboratives with the goal of ending street-level homelessness for most homeless neighbors in cities served. For more information visit [www.CityNet.org](http://www.CityNet.org)

**VOLUNTEER:** Want to volunteer to be a part of the La Habra Races? You'll have fun, meet great people and enjoy the thrill of victory, without having to break a sweat! For more details, please contact Melissa Rivera at (562) 383-4209 or [mrivera@lahabraca.gov](mailto:mrivera@lahabraca.gov).

**SPONSOR:** Be a Sponsor  
Contact Bernard Nolan  
at (562) 383-4210 or [bnolen@lahabraca.gov](mailto:bnolen@lahabraca.gov)

## Follow us for Race Updates & Giveaways

-  La Habra Recreation Division  
 @LaHabraRecreationDivision  
 @LaHabraRec



La Habra Recreation  
101 W. La Habra Blvd.  
La Habra, CA 90631  
[LaHabraRaces@lahabraca.gov](mailto:LaHabraRaces@lahabraca.gov)

**#LAHABRACERACES**  
**Saturday, March 11, 2017**

 Facebook: La Habra Recreation Division  
 Facebook: La Habra Races



# #LAHABRACERACES

sponsored by   St. Joseph Health  
St. Jude Medical Center  
A member of the St. Joseph Hoag Health alliance

## 5K Run/Walk

Presented by CR&R Incorporated

## ★ 1K KIDDY RUN

sponsored by Chick-fil-A

## ★ 50-YARD DIAPER DASH

sponsored by Happy Teeth & Happy Braces

## SATURDAY, MARCH 11, 2017

★ Free dental appointment, toothbrush kit, & Chick-fil-A sandwich for those who finish

**GOODIE-BAG FOR ALL REGISTERED RUNNERS**

Check us out on Facebook at:  
**La Habra Races**

**RAIN OR SHINE!**

### 2016 Best 5K Overall Times

Event	Runner	Time
Male	Andres De La Cruz	16:08
Female	Rebecca Mejia	21:39

**Healthy Family Activity**  
**Move More, Eat Healthy**  
**Join the Running Club**

**PACKET PICK-UP**  
**Friday, March 10th**  
**4:00 to 7:00 p.m.**

Running packets (bib, goodie bag and shirt) will be available for pick-up at Red Robin, La Habra on Friday, March 10<sup>th</sup> from 4:00 to 7:00 p.m.

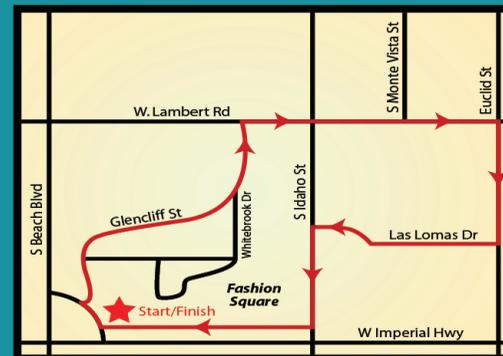
**Registration Info:**  
 LaHabraRaces@lahabracal.gov  
 (562) 383-4200

-  **Facebook: La Habra Recreation Division**
-  **Facebook: La Habra Races**
-  **Instagram: @LaHabraRecreationDivision**
-  **Twitter: @LaHabraRec**

### Race Start Times

- 6:00 a.m. - Registration Opens
- 7:30 a.m. - Happy Teeth & Happy Braces  
50-Yard Diaper Dash  
(Ages 3-5 yrs.)
- 7:40 a.m. - Chick-fil-A 1K Kiddy Run  
(Ages 6-9 yrs.)
- 8:00 a.m. - 5K Run
- 8:20 a.m. - 5K Awards

# La Habra 5K Course



- Semi-challenging course through the heart of La Habra
- Course is a 5K loop
- Closed course until 9:00 a.m.

**After 9:00 a.m., all runners must obey all traffic laws.**

## Directions to La Habra

### RACE START/FINISH

1801 W. Imperial Hwy., La Habra, California  
 The nearest major intersection is Imperial Hwy. and Beach Blvd.

### DIRECTIONS FROM I-5 FREEWAY

Exit at Beach Blvd. and proceed northbound on Beach for 4.8 miles, then turn right (eastbound) on Imperial Hwy. The Start/Finish will be on your immediate left (north side of Imperial Hwy.), adjacent to the Chick-fil-A restaurant.

### DIRECTIONS FROM 57 FREEWAY

Exit at Imperial Hwy. and proceed west for 4.7 miles. The Start/Finish will be on your immediate right (north side of Imperial Hwy.), just before Beach Blvd., adjacent to the Chick-fil-A restaurant.

# OFFICIAL La Habra 5K Entry Form

Early Registration Pricing Deadline **March 3, 2017**

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 562-383-4205 or LaHabraRaces@lahabracal.gov

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Age on Race Day \_\_\_\_\_  
 Phone \_\_\_\_\_  
 \*E-mail \_\_\_\_\_

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

GENDER		
<input type="checkbox"/> Female	<input type="checkbox"/> Male	
AGE DIVISIONS (5K)		
<input type="checkbox"/> 14& under	<input type="checkbox"/> 35-39	<input type="checkbox"/> 60-64
<input type="checkbox"/> 15-19	<input type="checkbox"/> 40-44	<input type="checkbox"/> 65-69
<input type="checkbox"/> 20-24	<input type="checkbox"/> 45-49	<input type="checkbox"/> 70-74
<input type="checkbox"/> 25-29	<input type="checkbox"/> 50-54	<input type="checkbox"/> 75-79
<input type="checkbox"/> 30-34	<input type="checkbox"/> 55-59	<input type="checkbox"/> 80+
SHIRT SIZE (for all participants)		
<input type="checkbox"/> Small (Youth)	<input type="checkbox"/> Small (Adult)	<input type="checkbox"/> XL (Adult)
<input type="checkbox"/> Medium (Youth)	<input type="checkbox"/> Medium (Adult)	<input type="checkbox"/> XXL (Adult)
<input type="checkbox"/> Large (Youth)	<input type="checkbox"/> Large (Adult)	<input type="checkbox"/> XXXL (Adult)

EVENT	(Select One)
★ 50-Yard Diaper Dash (Ages 3-5 yrs.)	<input type="checkbox"/> \$20 (Thru March 3, 2017) <input type="checkbox"/> \$25 (After March 3, 2017)
★ 1K Kiddy Run (Ages 6-9 yrs.)	<input type="checkbox"/> \$20 (Thru March 3, 2017) <input type="checkbox"/> \$25 (After March 3, 2017)
★ 5K Run/Walk	<input type="checkbox"/> \$30 (Thru March 3, 2017) <input type="checkbox"/> \$35 (After March 3, 2017)

See Back for Add-On & Payment