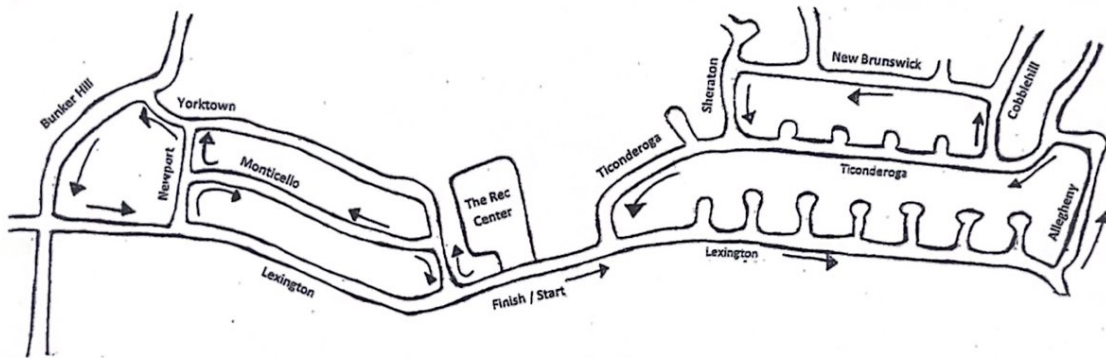


Highlands Community Association

July 4th Footrace – 8:30 am

Ready? Set? Go! To the Annual Highlands Footrace!

The 2.9 mile (4 km) neighborhood tour starts and finishes at the Rec Center on Lexington.



All finishers receive a Highlands July 4th T-shirt! Prizes will be awarded in these categories:
Youth (12 & Under) Teen (13 – 19) Adults Under 50 Adults 50+ Family (Parent & Child)
 Winners will be announced and trophies will be awarded at **1 pm sharp** at the Midway.

To volunteer to help on race day, sign up at the HCA website: <http://www.highlandscommunity.org/4th>

Entry Fee: Pre-Registration - ~~\$~~20 By mail Day of Event - ~~\$~~25

How to Pre-Register:

- Download and complete this form
- Make checks payable to HCA
- Mail to: HCA, 205 De Anza Boulevard, #49, San Mateo, CA 94402-3839

Name: _____ Gender: M () F ()
 Address: _____ Phone: () ____ - ____

Category: (Circle One)

Youth (12 & Under) Teen (13 – 19) Adults Under 50 Adults 50+ Family (Parent & Child)

WAIVER: Intending to be legally bound, I hereby certify that my health and training are adequate to complete this 2.9 mile (4km) run. Furthermore, I do for myself, my heirs, executors and administrators waiver and release forever all rights and claims of damages against the Highlands Community Association and any person associated with this run due to any injury I may suffer while travelling to and from and while participating in this run.

Participant Name: _____
 Participant Signature: _____ Date: __/__/__

Parent or guardian signature required if participant is under 19 years of age.

Participant Name: _____
 Parent/Guardian Signature: _____ Date: __/__/__