

OFFICIAL Quadruple Crown Race Entry Form

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Date of Birth _____
 Phone _____
 E-mail _____

EVENTS

LA HABRA 5K/10K

NORTHGATE DOWNTOWN ANAHEIM 5K

VILLA PARK UNION BANK 5K/10K

PLYMOUTH ROCK N RUN 5K/10K

- Four 5K races (\$105)
 Three 10K races & One 5K race (\$120)

PAYMENT

- Check Cash

Credit Card: Mastercard Visa

Card Number _____

Expiration Date _____

RACE WAIVER AND 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, the Downtown Anaheim Association, the Downtown Anaheim Race Organization, the City of Anaheim, the Friends of the Villa Park Library, the City of Villa Park, the Plymouth Rock N' Run, the Reeve Irvine Research Center, and any other organization from all claims for damages and/or liability arising in 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) _____



sponsored
by
UnionBank

The 2012 La Habra 5K/10K Run/Walk will be the 1st leg of the 2012 Quadruple Crown Race Series.

The races for the series are the following:
 La Habra 5K/10KMarch 24, 2012
 Northgate Downtown Anaheim 5K June 9, 2012
 Villa Park Union Bank 5K/10K June 23, 2012
 Plymouth Rock N Run 5K/10KNov. 22, 2012

There are 4 easy ways to register for this event:

Mail-in

Fill out the 2012 Quadruple Crown Race Series entry form in this brochure to:

La Habra Recreation Division
 101 W. La Habra Blvd.
 La Habra, CA 90631

Walk-in

Bring the registration form to the La Habra Community Center located at 101 W. La Habra Blvd.

Online

Register online at www.quadruplecrown.com

Day of Race

There will be a booth taking registrations at the La Habra 5K/10K.

Runners who register for all 4 races at one time will receive a discounted rate.

All participants will receive a 2012 Quadruple Crown Race Series Finisher Medal.



La Habra Recreation
 101 W. La Habra Blvd.
 La Habra, CA 90631



La Habra 5K/10K RUN/WALK

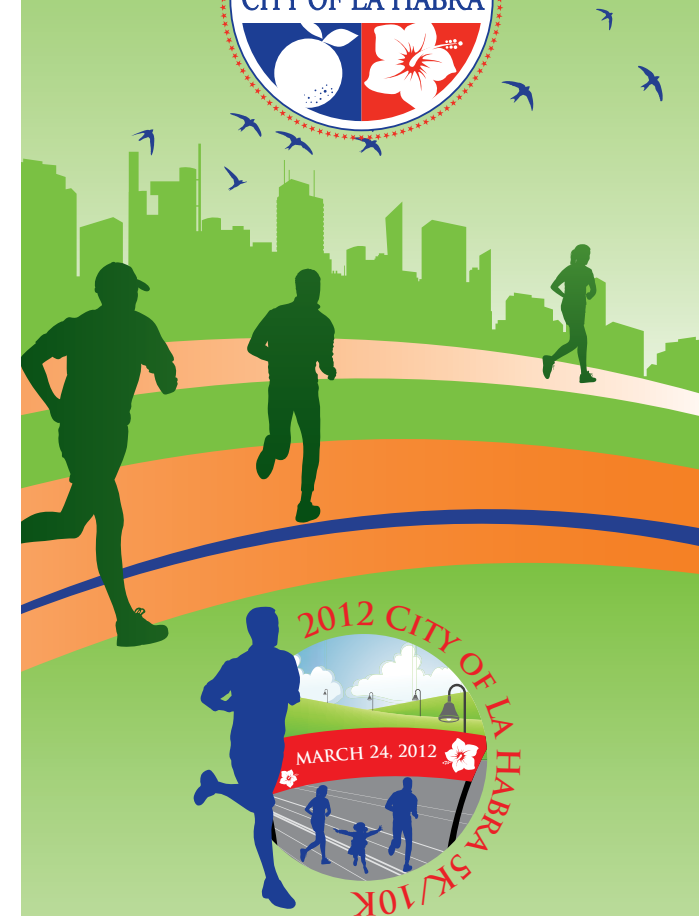
1K Kiddy Run sponsored by Chick-fil-A
 50 Yard Diaper Dash sponsored by La Habra Modern Dentistry

Saturday, March 24, 2012
New Race Times for 2012

This Program is not affiliated with the school or Placentia Yorba Linda Unified School District. The School District does not endorse or sponsor this activity.



Proceeds benefit the Children's Museum at La Habra, LHHS Cheerleaders & La Habra Concerts in the Park Series



5k/10k Run/Walk

Presented by Waste Management and American First Credit Union

1K Kiddy Run
sponsored by Chick-fil-A

50 Yard Diaper Dash
sponsored by La Habra Modern Dentistry

Saturday, March 24, 2012

NEW RACE TIMES FOR 2012

2011 Best Overall Times

Event	Runner	Time
5K Male	Christopher Reid	18:04.1
5K Female	Patsy Hurley	20:35.1
10K Male	Jason A. Ray	39:37.7
10K Female	Maria Brown	51:05.4



Be sure to include your e-mail to receive your photos!

Quadruple Crown Race Series

Support Local Schools

Healthy Family Activity

Saturday, March 24, 2012

Race Start Times

New Race Times for 2012

- 6:00 am - Registration Opens
- 7:15 am - La Habra Modern Dentistry
50 Yard Diaper Dash (Ages 3-5)
- 7:20 am - Chick-fil-A 1K Kiddy Run (Ages 6-9)
- 7:30 am - 5K Run
- 7:50 am - 10K Run

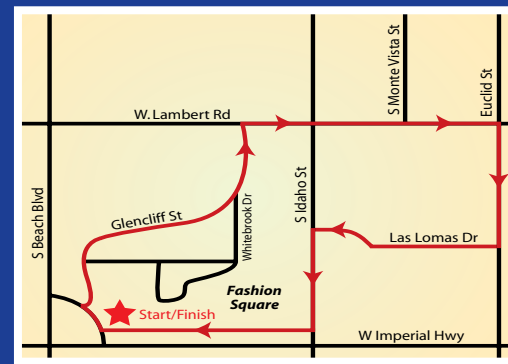
Bring the Kids!!

Introduce your kids to the joy of running as the morning kicks off with a pair of races just for them. The **La Habra Modern Dentistry 50 Yard Diaper Dash** (ages 3-5) starts at 7:15 am, and is followed at 7:20 am by the **Chick-fil-A 1K Kiddy Run**.

La Habra Active Day Camp Staff will be hosting a "Crazy Kid's Club" for kids ages 2-13 from 7:30-10:00am for adults who would like to participate in the race, but need assistance with their kids! It is fun to run in La Habra!

Your participation in this event helps support The Children's Museum at La Habra, LHHS Cheerleaders & La Habra Concerts in the Park Series

La Habra 5K/10K Course



- Semi-challenging course through the heart of La Habra
 - Course is a 5K loop - 10K consists of 2 laps
 - Finish line management
 - Closed course until 9:15am
- After 9:15am, 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. The Start/Finish will be on your immediate left (north side of Imperial), 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), just before Beach Blvd., adjacent to the Chick-fil-A Restaurant.

OFFICIAL La Habra 5K/10K Entry Form

Early Registration Deadline **March 16, 2012**

Please make copies of this entry form for family and friends. Use one form per participant. For group rates of 10 people or more, call us at 562-905-9708 or visit LHRun@lahabracity.com.

Name _____

Address _____

City _____

State _____ Zip _____

Age on Race Day _____

Phone _____

E-mail _____

EVENT (Select One)	GENDER
★ 50Yard Diaper Dash (Ages 3-5)	<input type="checkbox"/> Female <input type="checkbox"/> Male
<input type="checkbox"/> \$15 (Before Mar. 16, 2012)	AGE DIVISIONS (5K/10K)
<input type="checkbox"/> \$20 (After Mar. 16, 2012)	
★ 1K Kiddy Run (Ages 6-9)	<input type="checkbox"/> 14 & under <input type="checkbox"/> 35-39 <input type="checkbox"/> 60-64
<input type="checkbox"/> \$15 (Before Mar. 16, 2012)	<input type="checkbox"/> 15-19 <input type="checkbox"/> 40-44 <input type="checkbox"/> 65-69
<input type="checkbox"/> \$20 (After Mar. 16, 2012)	<input type="checkbox"/> 20-24 <input type="checkbox"/> 45-49 <input type="checkbox"/> 70-74
★ 5K Run/Walk	<input type="checkbox"/> 25-29 <input type="checkbox"/> 50-54 <input type="checkbox"/> 75-79
<input type="checkbox"/> \$30 (Before Mar. 16, 2012)	<input type="checkbox"/> 30-34 <input type="checkbox"/> 55-59 <input type="checkbox"/> 80+
<input type="checkbox"/> \$35 (After Mar. 16, 2012)	SHIRT SIZE (for all participants)
★ 10K Run/Walk	<input type="checkbox"/> Small (Youth) <input type="checkbox"/> Medium (Adult)
<input type="checkbox"/> \$35 (Before Mar. 16, 2012)	<input type="checkbox"/> Medium (Youth) <input type="checkbox"/> Large (Adult)
<input type="checkbox"/> \$40 (After Mar. 16, 2012)	<input type="checkbox"/> Large (Youth) <input type="checkbox"/> XL (Adult)
	<input type="checkbox"/> Small (Adult) <input type="checkbox"/> XXL (Adult)

PAYMENT

Check (payable to City of La Habra)

Cash

Credit Card: Mastercard Visa

Card Number

Expiration Date



4 EASY WAYS TO REGISTER

MAIL-IN REGISTRATION (until 3/16/12)
La Habra Recreation Department
101 W. La Habra Blvd.,
La Habra, CA 90631

WALK-IN REGISTRATION (until 3/21/12)
Accepted Mon-Fri, 8 am-5 pm, at the
La Habra Community Center,
101 W. La Habra Blvd., La Habra
(562) 905-9708

ONLINE REGISTRATION (until 3/21/12)
Accepted at www.active.com

RACE-DAY REGISTRATION (3/24/12)
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 in 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) _____

Bibs will be available to pick-up on Friday, March 23 from 4p.m. to 8p.m. at the Corner Bakery in La Habra, located at the intersection of Imperial Hwy. and Idaho St.

Medals

will be awarded to the Top 5 5K/10K runners in each age group division

Running Clubs

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

Race Sponsors



Registration Info:
(562) 905-9708

LHRun@lahabracity.com