



Plumas Rural Services 5K/10K

“Just for the Health of It!”

Saturday, June 7, 2008 – Plumas County Picnic

Plumas Sierra Co. Fairgrounds, Quincy

How to Participate

- 1. Complete the Registration Form and mail entry form and fee to:**
Plumas Rural Services
586 Jackson St. – Quincy, CA 95971 – Attn: 5K/10K
- 2. Set a fund-raising goal**
Determine number of sponsors for dollar amount needed. Example: If \$100 level, ask 4 people for \$25 or 10 people for \$10 etc. If \$250 level, ask 10 people for \$25 etc.
- 3. Ask family, friends, businesses**
- 4. Ask in person, by phone or email.**
- 5. Please collect all contributions** in advance and convert all cash to check(s) payable to:
Plumas Rural Services 5K 10K
- 6. Turn in all contributions** by Saturday, June 7, 2008
- 7. Participate at the 5K/ 10K Event!**
Saturday, June 7, 2008
10K Competitive Start Time – 9:00 am.
5K Competitive Start Time – 9:30 am.
Family/Non Competitive Start Time – Anytime between 10:00 – 11:00 am.
Run/Walk Check In (Start/Finish) by Art Barn inside Plumas Sierra Co. Fairgrounds
Award Ribbons given at 2:00 pm at West Lawn inside Fairgrounds
PRS Displays at West Lawn inside Fairgrounds between 10am. – 3:00pm.
- 8. Want to Volunteer at the Event?** We need volunteers for Check In/ Finish Station, 3 Route Stations, Bike Patrol and First Aid/EMTs
- 9. Not Participating, but want to send in a Donation?**
Mail to PRS 5K*10K – 586 Jackson St. – Quincy, CA 95971.

For more information: call Kandice at 283-2735, email events@plumasruralservices.org or visit www.plumasruralservices.org



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Why Participating in this event is important

Since 1980, Plumas Rural Services has offered services, education and support to achieve our mission to improve the quality of life of local residents and families by promoting their health, education and well being. Our advocates and services reach out to women & men; parents & children; individuals with special needs; and the elderly.

Plumas Rural Services is a community based, private non profit corporation and we have locations in [Lassen, Modoc, Plumas and Sierra Counties](#). Our staff and advocates can assist with referrals, direct assistance and volunteer support. We also provide Spanish-speaking interpreters.

Services and Programs of Plumas Rural Services

The 5K*10K Event will help to provide additional funding to support and enhance the following services and programs:

A.L.I.V.E., Almanor Basin Community Resource Center, Child Abuse Treatment Program, Child Care Payment Program, Child Care Resource and Referral, Community Connections, Community Food Network, Domestic Violence Services, Family Child Care Home Education Network, Family Empowerment Center, Family Focus Network, Footloose Dance, Greenville Satellite Office, In-Home Respite, Mohawk Community Resource Center, Starfire Dance Studio, W.I.C. , and Youth and Prevention Services

Thank you for your participation and support!



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Registration Form

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ Email _____

Male _____ Female _____ Age on Race Day _____

T-Shirt Size S _____ M _____ L _____ XL _____ XXL _____

(T-shirts are \$15.00 * Raise money in sponsors to earn a free T-shirt!) See Sponsor Form

In consideration of the acceptance of my entry in the PRS 5K/10K Run/Walk 2008, I hereby absolve and hold harmless Plumas Rural Services, race sponsors, and all persons connected with the race from any liability or injury occurred by me while participating in the PRS Run /Walk event. I further provide that this harmless agreement applies to my heirs, executors, and assignees. I am physically fit to participate in this event. In addition, I also hereby grant PRS permission to utilize my likeness for use by television films or printed materials to further the aims of the program and release them from any/all claims in its use.

Signature _____ Date _____

If under 18yrs. of age (Youth/Student), parent/guardian signature required:

_____ Date _____

1. Each Participant that raises \$100.00 or more in sponsorships earns a T-Shirt! (Sponsor sheet attached)
Each Team (3+ people) that raises \$250.00 or more in sponsorships also each earn a T-Shirt!
2. Pre Registration is \$10.00 Adults; Youth/Student Rate is \$8.00 - **Deadline is: Friday, May 23, 2008**
3. Make checks payable to and mail entry form and fee to: Plumas Rural Services
586 Jackson St.
Quincy, CA 95971 - Attn: 5K/10K

I can't participate but would like to donate: \$_____ to help PRS in providing services and programs to the children, families and adults in our community! All donations are tax deductible!

Thank you for your participation and support!!



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Participant’s Sponsor Form

Participant Name: _____

Team Name: _____

**If you raise \$100 or more (individuals) or \$250 (teams), you each earn a T-shirt!*

To comply with IRS Regulations, PRS receipts all donors of \$250 or more. Receipts given upon request.

	Sponsor’s Name	Address/City/Zip	Phone/Email	Total Donation
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				