

"Educating and Cultivating  
our Future"



**5K FAMILY  
FITNESS WALK  
& FUN RUN**

to  
**FEED OUR**

**COMMUNITY**

HOSTED BY THE C.A.R.E. COALITION

**ALL NET PROCEEDS GO TO BENEFIT  
THE CASTLE ROCK COMMUNITY  
GARDEN & ORCHARD PROJECT**

**10:00 AM**

**SATURDAY**

**JUNE 5, 2010**

*Walk/Run Begins at the*  
**CASTLE ROCK MIDDLE SCHOOL**  
615 Front Ave. SW - Castle Rock  
**Parking at the Elementary School**  
700 Huntington Ave S. - Castle Rock

## TOP THE ROCK

Join us for a walk/run with family and friends beginning at the Castle Rock Middle School, then along the Riverfront Trail to

### "Top the Rock"

and receive a commemorative wristband.

Following the race will be a free "Little Rocket Run" for ages 7 & under, & win prizes playing fun games for all!

The **Army** will be there with their "ROCK" climbing wall and H3 Humvee with plasma TV and xbox to play on. Live Music by **Carl Wirkkala & Friends**. Try out some of the area's finest food at "The Taste of Castle Rock"!

### SILENT AUCTION

Come on down and bid to win...

**A Jacuzzi Suite & Breakfast for Two  
Donated by The Blue Heron Lodge**

**A Day of Guided Fishing for Two  
Donated by Moon Dog Guide Service**  
and much, much more!!!

### ENTRY FEE

\$10 individual / \$25 household family  
household family= 2 adults w/kids 18 & under  
*(please make checks payable to ITTR)*

### REGISTRATION

**RACE DAY Registration opens 8:30 am**  
@ the Castle Rock Middle School

**DROP-OFF @ Lacey Rha's Café**  
32 Cowlitz St. W. Castle Rock

**MAIL-IN ITTR - c/o Lacey Rha's Café**  
P.O. Box 638 Castle Rock, WA 98611

### FOR MORE INFORMATION

**Call:** ITTR @ (360)751-1440  
**Email:** [itoppedtherock@gmail.com](mailto:itoppedtherock@gmail.com)  
**Online:** [www.castlerockchamber.com](http://www.castlerockchamber.com)

## **REGISTRATION FORM - "I TOPPED THE ROCK" 5K FUN RUN & FITNESS WALK**

**\$10 INDIVIDUAL** \_\_\_\_\_ **\$25/FAMILY (2 Adults w/Kids 18 & Under)** **Total Amount \$** \_\_\_\_\_  
Use the back for additional entries and signatures. Pre-Registers check in at registration booth prior to event.

**NAME**

**AGE**

**ADDRESS**

**CITY**

**STATE**

**ZIP**

**PHONE NUMBER**

**E-MAIL**

**Liability Release & Waiver.** I know that running in a road race or participation in an organized walking event, regardless of the distance, includes an element of risk. I also understand that although certain protections will be provided, both vehicular traffic and spectators may be present along the course and I assume the risk of participation under such conditions. I further assume any and all risks associated with participation in this event including, but not limited to illness, traveling to and from the event, galls, contact with spectators or other participants, the effect of the weather and the surface conditions of the road, trails and sidewalks. All such risks are understood and appreciated by me.

Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, I waive, release, and discharge the City of Castle Rock, the C.A.R.E. Coalition, event officials, volunteers and any other sponsors, suppliers, agents, independent contractors and any other personnel in any way assisting or connected with this event from any and all claims or liability of any kind or nature whatsoever arising out of my participation in this event. I also understand and agree that any sponsor may use, for publicity or promotional purposes, my name or pictures of me participating in this event, without liability or obligation to me.

**SIGNATURE X**

