



FIRST 5
SAN BERNARDINO



inaugural iecc
5k run

The Inland Empire Community Collaborative Presents



the Inaugural
Inland Empire Community

5Krun/walk2013

and health expo

with a 1K run/walk/roll*



*please no skateboards, bikes, or scooters

Children and adults with disabilities welcome

Supporting Inland Empire children and their families



November 16th, 2013



8:30 am

sign-in starts at 7:15 am

Cucamonga Guasti Regional Park, Ontario, CA

(gates open at 7am, parking \$10 cash)

**RENEGADE
RACE SERIES**



**GEMINI
TIMING**



**The
Community
Foundation**

Serving the Counties of Riverside and San Bernardino

Register today...



www.IE5Krun.org

5K EVENTS:	Until Sept 30	After Sept 30	RACE DAY	AGE RANGES:
5K run/walk:	\$30	\$35	\$40	TOP 3 WINNERS IN EVERY AGE GROUP WIN PRIZES!
				<input type="checkbox"/> 17& under <input type="checkbox"/> 50-59
				<input type="checkbox"/> 18-29 <input type="checkbox"/> 60-69
				<input type="checkbox"/> 30-39 <input type="checkbox"/> 70+
				<input type="checkbox"/> 40-49
				Entry Fee: _____
				Donation: _____
				(for Inland Empire families--thanks!)
				TOTAL: _____

IECC 5K run/walk 2013

**RENEGADE
RACE SERIES**



5K run/walk
Saturday, November 16th, 2013
Cucamonga Guasti Regional Park, Ontario, CA



ENTRY FORM:

 (Name: First and Last: Please Print Legibly in Black Ink)

 (Date of Birth, Age on Race Day)

 (Address)

 (City, State, Zip)

 (Daytime Phone, E-mail)

T-shirt* Size: S M L XL 2XL
 *Race Day Registrants not guaranteed a t-shirt.

Waiver: All Participants must sign a waiver on race day.

*ONE FORM/PARTICIPANT
 *MAIL ENTRY FORM TO:
 C/O Another Way-IRC
 P.O. Box 19037 San Bernardino CA. 92423.

*MAKE CHECKS PAYABLE TO: Community Foundation
 *CREDIT CARD #: _____

*EXPIRATION DATE: _____

*SIGNATURE: _____

*ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. RACE HELD RAIN OR SHINE.

*For Information Call: 909-890-3045

The Inland Empire Community Collaborative consists of non-profit agencies that serve the various needs of Inland Empire children and their families. IECC members include: Another Way, Assure Pregnancy Center, Bear Valley Community Health District, Cedar House Life Change Center, Community Health Systems, Inc., El Sol Neighborhood Education Center, Foothill Family Shelter, Inc., High Desert New Beginnings, Inc., Integrated Therapeutic Services, Making A Difference Association, Inc., Priscilla's Helping Hands, Inc., Project Cuidar, Rim Family Services, Inc., Solomon's Ujamaa Center, inc.