



Saturday, March 5, 2016

Registration opens - 6:30 am

Race start - 8:00 am

www.totalbodyfitness.com

EVENTS:

2 mile Fun Run - participant ribbons to all finishers.

5 mile race - top 3 finishers in each age group receive awards, and participant ribbon to all finishers.

START & FINISH: Terrace Plaza at 1900 Vista del Lago in Valley Springs.

NEW! ~ LUNCH:

FREE to all participants!! Soup, chili, crackers, fruit, cookies, and water. Additional meal tickets can be purchased for \$5.

T-shirts: pre-order or purchase on race day - \$10.

AGE DIVISIONS FOR 5 MILE

RACE: 11-under, 12-13, 14-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+ Male & Female.

PRE-REGISTRATION: *pre-register online or by mail to avoid long lines on race day. Save \$10 late fee!*

ENTRY FEE:

2 mile: adult \$25. 18-under \$15. Add \$10 for Same Day Reg.

5 mile: adult \$35. 18-under \$25. Add \$10 for Same Day Reg.

Register online at: www.TBFRacing.com

Or print and send to: TBF
5209 Blaze Ct. Rocklin CA 95677

PROCEEDS to American Cancer Society/
Relay For Life

THANK YOU SPONSORS!:

- Mark Twain Medical Center
- Center-Integrative Medicine
- Umpqua Bank
- Terrace Plaza
- La Contenta Golf Club
- New Hogan Lake
- Valley Springs Physical Therapy
- Valley Springs Signs & Tees
- Valley Springs Veterinary
- Valley Springs Dentistry
- Valley Springs News
- West Coast Electrical
- Busy Bee Realty
- Sierra Eye Care
- Senders Market
- Placer Title
- Fox Realty
- MarVal

VOLUNTEERS NEEDED! Over 30 volunteers are needed for a successful and safe event! If you or your group are interested, please contact dustyn: dustyn0@comcast.net **FREE LUNCH PROVIDED!**

_____	_____	_____	_____	_____
Last name	First name	Gender	Age on race day	Phone
_____	_____	_____	_____	_____
Address	City	Zip	email	
_____	_____	_____	_____	
Event - 2 or 5 mile	Fee - see above	Yes - I want a t-shirt - Add \$10 Size: S, M, L, XL, XXL		

Checks payable to: Total Body Fitness 5209 Blaze Ct. Rocklin CA 95677

Follow us on: fb - Total Body Fitness Racing and Walk Run For Cancer Valley Springs

Questions: dustyn0@comcast.net

Let's Run Cancer Outta Our Lives!