

WHAT IS THE HUMAN RACE?

The Human Race is a fun community event for individuals, families and businesses to work together to raise money for a local nonprofit organization of your choice – 4Cs! Community members come together to walk or run the 10K (6.2 miles) or 3K (1.8 miles) route that begins and finishes in Santa Rosa at Herbert Slater Middle School.



Instructions for Walkers – Walkers are FREE!

Use the Pledge Form to start collecting money from family, friends and co-workers for 4Cs! Think big! Make a copy of the Pledge Form for yourself and turn in the original Pledge Form on Race Day to receive a Human Race T-shirt. Remember to sign the waiver!



Instructions for Runners Wanting to be Timed

To register to run in the Human Race, complete the information on the Runner Registration Form and return it with the \$25 fee to the Volunteer Center by April 30, 2010 (the fee pays for the professional timing company). Use the Pledge Form to start collecting money in support of 4Cs today!

Human Race Day Schedule

Saturday, May 8, 2010
Herbert Slater Middle School
3500 Sonoma Ave, Santa Rosa



6:30 – 7:45 am **Registration**
8:00 am **Runners Start**
After Runners **Walkers Start**
8:00 – 11:00 am **Food & Entertainment**

**Thank you for supporting 4Cs
in this year's
HUMAN RACE – Give From the Heart!**
Children are the Heart of Our Community

For more information, visit
www.sonoma4cs.org
or call
4Cs at (707) 522-1413 x 144

Shuttle Service

Leave the driving to the Volunteer Center! Park your car on Sonoma Ave, Yulupa Ave, or in the local church parking lots. Shuttle vans will drive you to and from the school. Exact locations and shuttle times listed on **www.humanracenow.org**

Human Race T-Shirt Pick-Up

All Human Race participants may pick up T-shirts in the market place area.

Team 4Cs T-Shirt Contest

4Cs is accepting submission of children's artwork for the Team 4Cs T-shirt design through April 9, 2010. Please submit artwork to your 4Cs Center Site Supervisor or to the 4Cs Main Office, Attn: Human Race Coordinator. Please put child's name, age and phone number on the back of the art. Artwork will not be returned.

Join the 4Cs Centipede!

4Cs friends, families and supporters will be participating in the Centipede Contest. Look for the 4Cs booth in the Market Place to join in the fun. We will have hearts and children to go with our theme – *Children Are the Heart of Our Community.*

Visit the 4Cs Booth in the Market Place

Bring a copy of your Pledge Form to the 4Cs Booth and pick up a 4Cs T-Shirt (while supplies last).

Pancake Breakfast

8:00 – 11:00 am
Pre-purchase tickets available.
\$5.00 – Adult
\$3.00 – Kids



THE HUMAN RACE RUNNER REGISTRATION FORM SATURDAY – MAY 8, 2010

**Runners - \$25 Per Person / \$60 Family (of 4)
Walkers – FREE!**

Runners: Make it easy on yourself! To receive your run tag and race day instructions by mail, pre-register by May 1 and enclose a self-addressed stamped envelope. Registrants after May 1 can pick up run bib at "will call" or register on Race Day. Remember, EACH participant must sign the waiver below. (Parent must sign if the participant is under 18.)

You may also pre-register and pick up your bib at Fleet Feet (111 Third Street, Santa Rosa, (707) 569-1494). Groups can register May 3, 4, 5 and individuals on May 6 and 7.

PLEASE PRINT CLEARLY

First Name _____

Last Name _____

Address _____

City _____ State ____ Zip _____

Phone _____

Email _____

_____ # of Runners (for timed race)

\$25 per person/\$60 family (\$60 family rate for up to 4)

\$30 registration fee on race day

Total fee \$ _____

Payable to The Volunteer Center of Sonoma County

Or Register on-line at **www.humanracenow.org**

Runner's: ____Age ____Male ____Female

THE HUMAN RACE Waiver for Runners

In consideration of the acceptance of my entry, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have or may have against the organizers of this event, its principals, its employees, all sponsors and their representatives and any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in the Human Race event, including travel to and from this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and I have not been advised otherwise by a qualified medical person further, I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video or print media of the event without compensation to me.

Signature _____ Date _____

Parent's Signature (for participants under 18 years) _____ Date _____

Runners ONLY: Mail this form with registration fee to:
The Volunteer Center of Sonoma County
153 Stony Circle, Ste. 100, Santa Rosa, CA 95401

Human Race 2010 Pledge Form

"Children Are the Heart of Our Community"

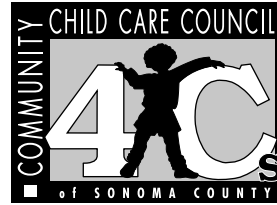
Pledge Collector _____

Age _____ Phone _____

Street _____

City _____ State _____ Zip _____

Email _____



Organization receiving funds:
Community Child Care Council (4Cs)
131-A Stony Circle, Suite 300
Santa Rosa CA 95401

Tips for Pledge Collectors

- Collect donations as you collect your pledges, prior to race day.
- Make pledge checks payable to the Human Race. Pledges are tax-deductible.
- Turn in pledges and money to 4Cs by May 14th, 2010.
- Bring copies of pledge forms to the race to receive your T-shirts.
- Do not bring pledge money to the Human Race.
- Visit www.sonoma4cs.org for more information on the HR.

Please turn in pledge forms and money to the 4Cs main office.

Donor Name/Nombre	Address/Dirección	Zip/Zona Postal	Phone/Teléfono	Donation/Donación	Paid/Recibido
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
Please make copies of this sheet for additional pledges.				Total amount of pledges / Total recibido	\$