

**Spring Has Sprung Run and Walk**  
**Sunday May 15th, 2011**  
**8:00 a.m. for Kids 1K (0.6 miles)**  
**8:30 a.m. for 5K/10K**

Event Day Registration 7:15 to 8 a.m.

Event Start and Finish Location:  
Coyote Valley Elementary School  
18950 Coyote Valley Road  
Take Hartman Road exit off Hwy 29  
(Approx. four miles north of Middletown)

Early registration by May 7th for the  
5K/10K includes event T-shirt,  
cool reusable "Chico Bag," and  
raffle drawing entry.

(Postmark accepted)

Youths 19 and under 5K/10K      \$15  
Adults                                      \$25  
Milers                    5K/10K      \$3 discount  
Kids 1K            ages 5-10 (untimed)    \*\$5

Family Rate: \$10 discount for 4 non-  
discounted entries in the 5K/10K  
(mail-in only)

(All entry fees are non-refundable.)

\*Kids 1K includes free frozen yogurt on race day,  
but no shirt.

No race bags or T-shirts guaranteed after  
May 7<sup>th</sup> cutoff, so register early!

LODGING: Twin Pine Casino and Hotel  
On Hwy 29, just 15 miles north of Calistoga  
and only 10 minutes away from the race start  
in Hidden Valley Lake. Phone: 800-564-4872

Hidden Valley Lake Campground  
(five minutes from start): 707-987-9079  
Tent and full hook-ups available (showers)

Water provided by Whispering Pines Mountain  
Pure Spring Water (Cobb)

*Event is rain or shine*

Award ceremony approximately 10 a.m.

First-place winners men/women in the 5K and 10K  
run will receive a certificate from our Gold  
Sponsor, Twin Pine Casino, for a one-night stay at  
the Twin Pine Hotel located in Middletown.

5K/10K overall winners 3-deep male/female:  
commemorative photo awards provided by  
Middletown Florist and Gifts, plus gift certificates  
provided by Heart & Sole Sports in Santa Rosa!

Medals to winners 3-deep male/female in each age  
division in 5K/10K runs and 5K walk.

Men's/Women's Divisions 10K Run: 19 and under,  
20 through 60+ (10-year increments)

Men's/Women's Divisions 5K Run/Walk: 12 and  
under, 13-15, 16-19, 20 thru 60+ (10-year  
increments)

The Lake County Milers would like to  
thank our Sponsors:

Star Sponsor since 2004:

❖ Hidden Valley Lake CSD  
*promoting Water Awareness*

Gold Sponsor:

❖ Twin Pine Casino and Hotel  
(offering a free night stay to  
race winners) New!

Silver Sponsors:

❖ Happy Smiles Dental Practice  
❖ St. Helena Hospital-Clearlake  
❖ Clearlake Dental - Dr. Kinsel  
❖ Hardester's Markets  
❖ Heart & Sole Sports (S.R.)

Bronze Sponsors:

❖ Middletown Florist and Gifts  
❖ Chic Le Chef  
❖ Mountain High Coffee  
❖ Muscle Matrix Gym  
❖ The Big Chill Yogurt Shop

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE \_\_\_\_\_

ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

Please check one of the following:

Kids 1K\_\_\_ 5K Walk/Run \_\_\_ 10K run\_\_\_

Circle gender: M F Age on race day:\_\_\_

Circle T-shirt size (5K and 10K only):

S M L XL

Make checks payable to:

Lake County Milers

Mail to: Lake County Milers

PO Box 490, Middletown, CA 95461

Waiver: *I hereby affirm that I am in proper  
physical condition to participate in the Spring  
Has Sprung Run in Hidden Valley Lake,  
California, and in consideration of the  
acceptance of this entry, agree to assume all  
risk of injury to myself and all risk of damage or  
loss of property arising out of my participation  
in this event; to release and forever discharge  
all sponsors and promoters including but not  
limited to the Lake County Milers members and  
officers, HVLA, the County of Lake, Middletown  
USD, HVL CSD, subcontractors and all  
volunteers, which may arise from my  
participation in this event. I further understand  
that my entry fee to this event is non-refundable  
and non-transferable.*

*Waiver must be signed by all entrants*

Signature: \_\_\_\_\_

\_\_\_\_\_Date \_\_\_\_\_  
(Parent or guardian if under 18)

*Photocopies of registration form accepted  
with original signature*