



Le Tour de Grossmont

2.0 mile Fun Run/Walk
To Benefit the Friends of
Howie Hawver Foundation

Sunday, June 7 @ 8:00am

*Putting the "Community" into Community College to help one of our own,
Howie Hawver, Grossmont College's Women's Soccer Coach
who was diagnosed with ALS (Lou Gehrig's Disease) December, 2008.*

Start Time

8:00am

Location

Grossmont College,
8800 Grossmont College Drive

Distance

2.2 Mile Run/Walk - Course follows the perimeter of the college branching off twice into out bound areas. Course is 90 % asphalt, 5% compacted dirt, 5% synthetic track. Course rolls slightly with one short downhill and uphill entering and exiting the track.

Features

- Event T-Shirt
- Post race music, refreshments, and givaways
- Easy to get to location and ample free parking
- Race clock posted at 1 mile mark for those who have always wondered how can I run/walk a mile.
- Post event music provided by Footloose

Fees

\$25 until May 27th; late fee \$27; Event Day \$30
(Late if postmarked after May 27th)

Make checks payable to:

The Grossmont College Foundation

Mail to:

Grossmont College Athletics Department
8800 Grossmont College Dr.
El Cajon, Ca 92020

(Fee's are non-refundable – bibs are non-transferable. If you wish to have bib number mailed back to you , be sure to include a self addressed, stamped #10 envelope with each entry form.)

Race Day Registration

Beginning at 6:30am in front of campus (at the flag pole)

Event Director/Questions

Kathy Loper/Jim Spillers (619) 644-7412

Donation Only

I cannot participate in your event, but would like to donate \$_____ to go directly to the friends of Howie Hawver Foundation.

SORRY, NO DOGS ALLOWED

Check One: 10K Run 5K Run/Walk

Name: FIRST

LAST

Mailing Address—Include Apt. No.

City

State

Zip Code

Email Address

Home Phone

Business Phone

T-SHIRT SIZE (Circle One)

S M L XL

Age on

01/31/09

Sex

Birthdate

Male Female

- 12-Under
- 13-17
- 18-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-over

PARTICIPANT'S SIGNATURE _____

DATE _____

(Parent's Signature if under 18)

"Application/Waiver"- Please see form

Waiver: In consideration of acceptance of my entry, I for myself, executors, administrators and assignees do hereby release and discharge the Grossmont Cuyamaca Community College District, Kathy Loper Events, and all other sponsors and associates for claims of damages, demands, actions whatsoever, in any manner arising or growing out of my participation in said athletic event. Further, I hereby grant full permission to any of the foregoing to use any photographs, videotapes, motion picture recording or any other record of this event for any purpose whatsoever. I attest and verify that I have full knowledge of all the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.



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