

ONTARIO MILLS 5K/10K, RUN/WALK

Christian Okoye, former Kansas City Chiefs All-pro running back, invites you to participate in the Ontario Mills 10K/5K, walk/run, and join him and fitness minded individuals for a fun event, benefiting at risk children in the Inland Empire.

Packet pickup will be at the Ontario Mills Mall on Friday, January 23rd 10:00a.m. – 6:00p.m and race day at the race site from 6:00–till race time. Bring photo ID for registration by 6:00am



Date: Saturday Jan 24th, 2009
Time: 7:00 a.m.
Place: Ontario Mills Mall, Ontario, CA
Packet Pick-Up: NE entrance of Ontario Mills Mall, Ontario, CA. From 10am to 6pm on Jan 23rd

Entry fees:
\$20 - 12 years old and under
\$25 by Jan. 5th, 2009
\$30 by Jan 23th, 2009
\$35 on Race day, (Jan. 24th)

Event t-shirt included
in your race packet.
To be picked up from Ontario Mills

register online at
active.com

Entry Form:

First Name: _____ **Last Name:** _____

Address: _____ **City:** _____ **ST:** _____ **ZIP:** _____

Phone: _____ **E-mail:** _____

Gender: M or F **Age:** _____ **Date of Birth:** _____

Race (Circle one) 10K 5K **Estimated Finish Time:** _____

(Circle one) **Runner Walker Wheelchair**
T-Shirt size(s) (Circle one) MD LG XL XXL

Race Guidelines:

There will be no refunds after you register. Participants cannot transfer registration to another runner. T-shirt sizes are not guaranteed to race day entries. If you registered and are unable to participate, send your name, address and t-shirt size, and we will send your packet to you.

Awards and prizes will follow immediately after the race

The run benefits the Okoye Foundation supporting several children's programs and its promotion of school attendance among children in the Inland Empire area.

Age Group:

10 yrs old and up can be registered.

Release & Waiver:

I the undersigned, acknowledge that it is my responsibility to understand the risks associated with my participation in this event including injury and possibly even death. I attest that I am physically fit to participate in this event and assume all risks. I hereby, for myself, my heirs, guardians and personal representatives, forever release, hold harmless, and discharge the Ontario Mills 5k/10k hosted by Christian Okoye, Christian Okoye, the Okoye Foundation, Mills mall, the City of Ontario, CA Parks & Recreation, all sponsors, directors, volunteers and all other persons and entities associated with this event, (collectively the organizers), from and against any and all rights to claims for injuries or damages I may sustain or receive arising in any manner from my participation in this event, regardless of whether such injuries or damages resulting in negligence of the Organizers. I recognize that the event is open to traffic including other participants and automobiles. I grant permission to the Organizers to use my name and photograph in brochures and other promotional media without compensation. I acknowledge that the entry fee is non-refundable. If the event is delayed or cancelled by any cause outside of the control of the Organizers there shall be no refund or the entry fee or any other costs incurred by me.

Signature: _____ **Date:** _____

Signature: _____ **Date:** _____

(Parental signature if under 18)

Make checks payable to Okoye Foundation and mail to:
P O Box 1323, Alta Loma, CA 91701
www.okoyefoundation.org