



**Our Name Says It All**  
**citibank**  
 Bank of America



Visalia Emergency Aid Council  
 217 NE 3rd St  
 PO Box 651  
 Visalia CA 93291

To:

You can pre-register, pick up your bibs & T-shirts at the following locations:  
 Citibank, 2001 S Mooney Blvd on Nov 18-19<sup>th</sup> 10am-3pm & Nov 20<sup>th</sup> 10am-6pm  
 Visalia Emergency Aid, 217 NE 3<sup>rd</sup> St on Nov 23<sup>rd</sup>-24<sup>th</sup> 9-3pm

For your consistent dedication in helping VEAC reach its goal to "Race Against Hunger", Thank you!!!



**REGISTER TODAY TO FIGHT HUNGER**



November 26<sup>th</sup>, 2009

**New Location!!!**  
 Main Street at Garden Plaza  
 Visalia, California

Visalia Emergency Aid Council

www.veac.org  
 559-732-0101

**Live Band!!**

**PRIZE FOR BEST COSTUME:**  
 Corporate Team  
 Individual Male  
 Individual Female





**2 mile walk**



6-7:45 am Registration  
 8:00 am 5k Run  
 8:00 am 2 Mile Walk

For an online Map –  
 Go to Google.com  
 “Maps” Type in  
 Visalia VEAC Walk  
 or  
 Visalia VEAC Run

**5K Run**

**Name of Donor:**

**Pledge**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Race Day Procedures**

On race day, participants must check in at least 1 hour before the given start time. There are 2 steps that must be completed before entering the start line area. Step One: Check in at the Pre-registration or Registration booths. Step Two: Get your bib number and t-shirt. Race will start promptly at 8:00 A.M.

**Philosophy**

Completion, rather than competition, is the focus of the Race Against Hunger. Each participant is encouraged to come out and help us put an end to hunger. This short walk/race offers something for everyone; accommodating the novice walker, challenging the experienced athlete while putting food on the tables of needy children and their families in our area. “Let’s GO the Distance”

**Timing**

Competition and speed are not the main focus of this race. However the Awards ceremony will follow immediately after the race and we will be handing out awards to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place runners.

**From the Director:**

**Thank You** for being part of Visalia Emergency Aid Council’s 5<sup>th</sup> annual “Race Against Hunger”. VEAC is celebrating it’s 4<sup>th</sup> year and we are very proud to be part of an event so richly steeped in history and tradition. Our executive committee consists of volunteers that put a major amount of their time and effort into making the “Race Against Hunger” event the quality that our participants have come to expect. Each year we strive to make our event the best in California and are proud of all that has been accomplished and the social need for giving back to our community through a partnership with solid and reputable sponsors.

We welcome you to our 2009 “Race Against Hunger” 5K run and 2mile walk and hope you have an enjoyable experience with us. We look forward to seeing you on Thanksgiving morning, November 26<sup>th</sup>, 2009.

**REGISTER ONLINE NOW**

[www.veac.org](http://www.veac.org)

**PART #1 – PARTICIPANT INFORMATION**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

I am under 18: No Yes **\*\*Parent must sign waiver**

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone : AM \_\_\_\_\_ PM: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

T-Shirt Size: S M L XL XXL

**PART #2 – RACE CHOICE**

**Pre-Registration:**

**Day of Race:**

_____ 5k run:      \$20    Adult	_____ 5k run      \$25    Adult
_____ 5k run      \$10    12 & Under	_____ 5k run      \$15    12 & Under
_____ 2 mile walk    \$15    Adult	_____ 2 mile walk    \$20    Adult
_____ 2 mile walk    \$10    12 & Under	_____ 2 mile walk    \$15    12 & Under

**RUNNERS ONLY:**

**Please circle:** Male Female      **Age on 11/26/09** \_\_\_\_\_

**Please circle:**    15 and under      16-19    20-24    25-29    30-34    35-39

                         40-44    45-49    50-54    55-59    60-64    65-69    70 +

**MAKE CHECKS PAYABLE TO:**

**“VEAC RACE AGAINST HUNGER” P O Box 651, Visalia, CA 93279**

**Participants will receive a race T-shirt while supplies last**

**PART # 3 – EMERGENCY CONTACT AND RACE WAIVER**

Emergency Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**Race Waiver:** In consideration of your acceptance of my entry, I, intending bound, do hereby for myself, my heirs, executor, and administrators, waive and release forever any and all rights to claims or damages I may have against Visalia Emergency Aid Council, sponsors, volunteers, race officials, the City of Visalia, Tulare County, State of California, and all other parties involved with this event. I attest to being fit to participate and have full knowledge of the risks involved. I also give my permission for the free use of my name(s), photo and/or voice in any broadcast, telecast, print account or any other account in any medium of this event.

\_\_\_\_\_  
Signature of Participant (parent/guardian if minor)

\_\_\_\_\_  
Date