



RUN BETWEEN THE CITIES

\$20 Pre-registration
by Feb. 10th (t-shirt Inc.)
\$25 Race Day Reg.
(t-shirt while supplies last)



THE FLEET FEET RUN BETWEEN THE CITIES

Rain or Shine

5K

Saturday – Feb 11

10k

Lagoon Valley Park

RUN

Registration- 6:30 am

WALK

Race Time- 8:00 am Sharp!

This race promotes health and wellness in the city of Vacaville and benefits the youth of Vacaville Police Activities League.

Contact Information:
Vacaville PAL: 707-469-4004 or
vacavillepal@cityofvacaville.com
Fleet Feet Sports: 707-449-9266 or
staff@fleetfeetvacaville.com



Awards, T-shirts, After Race Snacks, FUN!!!

SATURDAY, FEBRUARY 11 | FLEET FEET RUN BETWEEN THE CITIES 5K & 10K FOOTRACE AND WALK

Join us for the 5th annual run/walk between the cities of Vacaville and Fairfield, beginning from the beautiful Lagoon Valley Park to near Paradise Golf Course and ending back at the park. The race benefits the Vacaville Police Activities League an organization that offers alternative activities to delinquency and builds a common bond between youth, police and the community.

Registration

Pre-Register by February 10 - \$20 (T-shirt included)
 Day of Registration, February 11 - \$25 (T-Shirt only while supplies last)
 Kids 1-mile registration - Free (\$10 T-Shirt)

Race Day – Rain or Shine

Check-in begins: 6:30am
 Race Begins: 8:00am Sharp!

Course

10K: A unique out and back certified course from Lagoon Valley Park in Vacaville to near Paradise Golf Course in Fairfield. Out: Paved, flat road with a gradual slope and decent over frontage road. Back: Slightly steeper incline (up the famous "Slow Motion Hill") with a fast down hill back to a flat road.
 5K- Flat and fast on a road certified course.
 We'll be running Rain or Shine!!!



Directions to Lagoon Valley Park

From Sacramento: Take I-80W, exit Pena Adobe, right on Riviera Rd, left on Pena Adobe Rd.
 From Bay Area: Take I80E, exit Pena Adobe Rd. Follow Pena Adobe Rd. into park
Free Parking!

Divisions

Female and Male age groups for both the 10K and 5K.
 Age groups: 5-8, 9-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

Kids 1 Mile Run – 10:00am

After 5k & 10k races, for youth 10 and under
 This free event will have awards given to all participants.

Awards

Overall awards for Men's & Women's 5K/10K (1st-3rd) will be provided by Fleet Feet.
 Water & Snacks provided to all finishers

Pre-Register at one of the following locations

Vacaville:

Three Oaks Com. Center, 1100 Alamo Drive, 469-4020
 Ulatis Community Center, 1000 Ulatis Drive, 469-4000
 McBride Center, 91 Towne Square Place, 469-6660
 Fleet Feet Sports, 354 Merchant Street, 449-9266
Via the Web: www.active.com or www.vacavillepal.com

Pre-race check-in and registration

Friday, Feb. 10 from 4:00-6:00pm at Fleet Feet in Vacaville. (Runners will receive their t-shirt, bib and can bypass race-day check-in)
 **Last chance to receive Pre-Registration prices.

REGISTRATION FORM

Participants will be required to sign a liability/waiver form at time of check-in.

Name _____ Address _____

City _____ State _____ Zip _____ E-mail _____

Telephone _____ Age _____ Gender _____ 10k 5k Kid's Mile

Signature _____ Date _____ Parent / Guardian Name _____
(must be signed by parent or guardian if under the age of 18) (please print)

PLEASE CHECK ONE:

- Pre-registration \$20, race t-shirt included
- Day of registration \$25, race t-shirt while supplies last (02-11-12)
- Kids race t-shirt \$10 (optional)

T-SHIRT: Child-Adult- Small Medium Large X-large XX-Large

PAYMENT TYPE: Cash Check Visa Master Card

Card # _____ exp. ____ / ____ Signature _____

MAKE CHECKS PAYABLE TO VACAVILLE PAL