

The 5th Udder Run * Saturday, June 14, 2008

Held in association with the Merced Running Club
5 Mile Run through Yosemite Jersey Dairy and Wickstrom Brothers Dairy
2 Mile Run or Walk & Children's 10 & U Fun Runs
Hilmar Middle School @ 7528 Scholar Way, Hilmar, CA

Mail Entry to: The Udder Run
5852 N. Columbus
Hilmar, CA 95324
(checks payable to Merced Running Club)

Time Schedule: 6:30 – 7:45 a.m. Race Day Registration
8:00 a.m. 2 Mile & 5 Mile
9:10 a.m. Free Children's Fun Runs: 6 & U/7 – 10 yrs (Medals to all children that participate)
Register by 8 30 a.m.
9:15 a.m. 2 & 5 Mile Awards and Raffle

Course Information - 2 mile: Out and back paved road * one aid station
5 mile: Loop course consisting of paved road, gravel and dirt * three aid stations

Awards: Hilmar Cheese gift baskets to first male and female open and masters' finishers in 2 and 5 mile races. Pound of Hilmar Cheese to each division winner (5 year increments after age 18 through age 80). Medals 1st to 3rd in each division.

First 125 entrants receive Asics Cool Max shirts. Each runner receives an entry into our fantastic raffle. Special Father's Day raffle for all Dads running in the 2 and 5 mile races. Post race refreshments will include Hilmar Cheese, bagels, muffins, cookies, milk, yogurt, fruit, Gatorade and water. Need more information: Call Michele Livak 668-8319 or Stephanie Smith 632-6531

Email: mlivak@hilmar.k12.ca.us or ssmith@hilmar.k12.ca.us

Proceeds from the Udder Run will be shared between the Hilmar High School Track Team and the Hilmar Middle School Track Team.

Name: _____ Home Phone: _____

Address: _____ City _____ State _____ Zip _____

Date of Birth: _____ Age on Race Day: _____ M _____ or F _____

Event: 2 Mile _____ or 5 Mile _____ Shirt Size S M L XL

Entry fee: _____ \$17 (postmarked by June 3, 2008)
_____ \$16 (for Merced Running Club members, postmarked by June 3, 2008)
_____ \$22 (After June 3, 2008 and race day registration)

Total amount enclosed: \$

Waiver: I acknowledge that running a road race is a potentially hazardous activity and I should not run unless I am medically able and properly trained. I assume all risks associated with running the 5th Udder Run, held on June 14, 2008, including, but not limited to, falls, contact with other participants, traffic, conditions of the road and effects of the weather. In consideration of your accepting my entry, I, intending to be legally bound for myself, my heirs, executor, and administrators, waive and release any and all rights to claims or damages I may accrue against Merced Running Club, Hilmar Cheese, Yosemite Jersey Dairy, Wickstrom Brothers Dairy, Hilmar Unified School District, the county of Merced, committee members of the Udder Run, and all sponsors and race officials, their agents for any and all injuries, ailments, or consequences suffered by me resulting from my participation in the Udder Run.

Signature _____ Date _____

Parent's Signature if under 18 _____ Date _____

Directions:

From the North:

Highway 99, take the Lander Avenue/Hilmar/Los Banos/165 exit

At bottom of off ramp, turn left. Traveling South on Lander Avenue after about 6 miles you will go through Hilmar and turn right on Geer Avenue

Continue for a half mile and Hilmar M.S. is on the right side.

From the South:

Highway 99, take the Collier Exit. At bottom of off ramp go left and follow road until it becomes Bloss. You will be traveling West on Bloss until you get to Hilmar where there is a stoplight at Lander (McDonalds is on the corner). Turn Left on Lander, right on Geer, HMS is on the right side.

If you are arriving after 7:45 a.m., you must enter through the road before HMS. This entrance is on the right hand side next to the large practice field (it is the entrance to the football field). This will allow you to come into the back of HMS and not interfere with the runners. You can also leave prior to the 5 mile run being finished through this exit.