

35th Annual Eppie's Great Race[®] Registration Information

Saturday, July 19, 2008 along the scenic American River Parkway in Rancho Cordova and Sacramento.

**ENTER ONLINE at:
TheGreatRace.org**
Save time! Save money!
Go green & save paper!
Instant entry confirmation!

KAISER PERMANENTE. **thrive**
The **Kaiser Permanente Kids Duathlon** has a separate entry form. Enter your kids online at **The Great Race.org** (best option!), download the entry form online, pick one up at local businesses, or contact TRS (916/381-0255) to have one sent to you.

What you will receive for your entry:

- A beautiful course entirely along the scenic American River Parkway.
- Experienced, helpful, enthusiastic volunteers
- Many iron person & team divisions for canoe & kayak divisions
- 35th Annual Eppie's Great Race[®] finisher's medallion, logo t-shirt & commemorative program
- Tours of the 40-foot **VSP Vision Care Mobile Coach**
- **VSP Vision Care free gifts!**
- Free runner and bicycle pickup shuttles, free parking
- Kaiser Permanente Youth Pavilion
- Live Entertainment, food and beverage coupons
- Exciting competition & fun for the whole family!

Thank You! Eppie's Great Race[®] 35 Sponsors!



Eppie's Great Race[®] benefits **Sacramento County's Therapeutic Recreation Services**, offering skills training and recreational opportunities for people with various disabilities in the greater Sacramento area.

ONLINE Entry Fees by July 11 Least expensive, instant entry confirmation Go GREEN: save paper, save time, save energy!		MAILED IN Entry Fees postmarked by July 11 - Do not mail anything after July 11!		Entry Fees at the Old Spaghetti Factory Carbo-Load Dinner/Packet Pick Up on Friday, July 18	
\$30	Junior Ironperson (individuals age 18 & younger)	\$35	Junior Ironperson (age 18 & younger)	\$40	Junior Ironperson (age 18 & younger)
\$85	All Ironpersons (individuals age 19 & older)	\$95	Ironpersons (individuals age 19 & older)	\$105	Ironpersons (individuals age 19 & older)
\$85	Junior Team	\$95	Junior Team	\$105	Junior Team
\$180	2- or 3-person Adult Team	\$195	2- or 3-person Adult Team	\$210	2- or 3-person Adult Team
\$240	Tandem Kayak/Recreational Canoe Team (4 persons)	\$260	Tandem Kayak/Recreational Canoe Team (4 persons)	\$280	Tandem Kayak/Recreational Canoe Team (4 persons)
\$270	Corporate Team (3 persons) Or Free! with pledges	\$285	Corporate Team (3 persons) Or Free! with pledges	\$300	Corporate Team (3 persons) Or Free! with pledges
\$7	Friday July 18, 4 pm - 8 pm in Goethe Park: The Old Spaghetti Factory Carbo-Load Dinner - 13 & older	\$7	Friday July 18, 4 pm - 8 pm in Goethe Park: The Old Spaghetti Factory Carbo-Load Dinner - 13 & older	\$7	Friday July 18, 4 pm - 8 pm in Goethe Park: The Old Spaghetti Factory Carbo-Load Dinner - 13 & older
\$3	Old Spaghetti Factory Carbo-Load Dinner - children 12 & younger	\$3	Old Spaghetti Factory Carbo-Load Dinner - children 12 & younger	\$3	Old Spaghetti Factory Carbo-Load Dinner - children 12 & younger

Make checks payable to: The Great Race[®]. Be sure to include a fax number or e-mail address with your entry information.

Complete the official form below and mail it with your check and a self-addressed, stamped envelope to: The Great Race, P.O. Box 292640, Sacramento, CA 95829



One division per entry! • Be sure to sign waiver! • Photocopies are OK. • Please print legibly.

EPPIE'S GREAT RACE 35 OFFICIAL ENTRY FORM

Mail entry and check with a self-addressed, stamped envelope to:
The Great Race, P.O. Box 292640, Sacramento, CA 95829

2. Sponsor (if applicable)

Sponsor's Name _____
Sponsor's Address _____

3. Team Information

Team Name _____
Team Captain's Last Name _____ First Name _____
Team Captain's Email Address _____

4. Ironperson or Team Runner Information

Team Captain? Age on 7/19/08 / Circle Gender: M F Circle t-shirt size: S M L XL
Last Name _____ First Name _____
Address _____
City/State/Zip _____
Email Address _____
Day Phone - - - - - Evening Phone - - - - -

5. Team Cyclist

Team Captain? Age on 7/19/08 / Circle Gender: M F Circle t-shirt size: S M L XL
Last Name _____ First Name _____
Address _____
City/State/Zip _____
Email Address _____
Day Phone - - - - - Evening Phone - - - - -

6. Team Paddler

Team Captain? Age on 7/19/08 / Circle Gender: M F Circle t-shirt size: S M L XL
Last Name _____ First Name _____
Address _____
City/State/Zip _____
Email Address _____
Day Phone - - - - - Evening Phone - - - - -

1. Check Division
ONE DIVISION
per ENTRY!



TEAM DIVISIONS

- | | | |
|---|--|--|
| ___ 1. ADAPTIVE - at least one member with a disability | ___ 6. INFLATABLE | ___ 13. OPEN WOMEN - All women
"VSP Vision Care" |
| ___ 2. FIRE FIGHTER/ POLICE | ___ 7. SIT-ON-TOP "City of Rancho Cordova" | ___ 14. WOMEN 40+ All age 40 & older* |
| ___ 3. TANDEM CANOE
"Sport Chalet" | ___ 8. CORPORATE - all from same company | ___ 15. WOMEN 50+ All age 50 & older* |
| ___ 4. TANDEM KAYAK
"California Family Fitness" | ___ 9. CO-ED - no age limitations;
at least one male/female | ___ 16. MEN 40+ All age 40 & older* |
| ___ 5. SOLO CANOE | ___ 10. OPEN MEN "Paul A. Garcia Memorial" | ___ 17. MEN 50+ All age 50 & older* |
| | ___ 11. TOURING/SLALOM | ___ 18. JUNIORS "Anderson/Lucchetti"
All 18 years & under* - Reduced Entry! |
| | ___ 12. FAMILY "Leonard Weed Memorial" | |

IRONPERSON DIVISIONS

- | | | |
|--|--|---|
| ___ 19. JUNIOR IRONMAN NEW!
Individual male 18 & younger | ___ 22. IRONMAN 50+
Individual male 50 & older* | ___ 25. IRONWOMAN
Individual female, 39 & younger* |
| ___ 20. IRONMAN
Individual male 39 & younger* | ___ 23. IRONMAN 60+
Individual male, 60 & older* | ___ 26. IRONWOMAN 40+
Individual female 40-49* |
| ___ 21. IRONMAN 40+
Individual male, 40-49* | ___ 24. JUNIOR IRONWOMAN NEW!
Individual female 18 & younger | ___ 27. IRONWOMAN 50+
Individual female 50 & older |
| | | ___ 28. IRONWOMAN 60+ NEW!
Individual female 60 & older |

*All age division categories are based on entrant's age on 7/19/2008.

7. 2nd Team Paddler or Guide

Team Captain? Age on 7/19/08 / Circle Gender: M F Circle t-shirt size: S M L XL
Last Name _____ First Name _____
Address _____
City/State/Zip _____
Email Address _____
Day Phone - - - - - Evening Phone - - - - -

9. PARTICIPANT(S) MUST READ and SIGN THIS WAIVER!

SIGNING THIS FORM IS A CONDITION OF ENTRY AND LIMITS YOUR LEGAL RIGHTS.

The Undersigned realizes this event covers a difficult course and that they may be exposed to injury or danger from a number of natural and man-made factors including, but not limited to, the hazards of other participants, vehicular traffic, boat traffic, uneven ground, and the American River itself. In consideration of being allowed to participate in any way in The Great Race®, the undersigned: 1) Agree that prior to participating, they each will inspect the facilities and equipment to be used, and if they believe something is unsafe, they will immediately advise a Great Race® official of such condition(s) and refuse to participate. 2) Acknowledge and fully understand that each participant will be engaging in inherently dangerous activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses, which might result not only from their own actions, inactions or negligence but from the actions, inactions or negligence of others, the rules of competition, or the condition of the premise or of any equipment used. Further, that there may be other risks not known to The Great Race® Organizing Committee or not reasonably foreseeable at this time. 3) Reasonably, knowingly and voluntarily assume all of the foregoing risks and accept personal responsibility for the damages following such injury or loss. 4) Release, waive, forever discharge and covenant not to sue The Great Race®, Eppies Great Race®, The Great Race® Committee, Great Race® sponsors, vendors or staff associated with the event, its affiliated clubs, their respective administrators, directors, agents, and other employees of The Great Race® Committee, other participants, advertisers, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releases," from any and all liability to each of the undersigned, his or her heirs, assigns and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise. Knowing the risks of the event, I nevertheless hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence, carelessness or otherwise) might be liable to me or my heirs or assigns, for damages. 5) Acknowledge that I have read The Great Race® rules and agree to all applicable requirements of the "Competition Rules" and all other applicable "Eppie's Great Race" information" posted on The Great Race® web site or received from an official Great Race® contact. 6) Understand and agree that medical services rendered by any of the above entities is not an admission of liability nor does it imply an obligation to provide any such services and is not a waiver by any of the above entities of any right hereunder. 7) Grant full permission to The Great Race® and/or its agents including its media partners to use any photographs, audio and/or video tapes or any other record of this event in which I may appear for any legitimate purposes. 8) Cyclists and Paddlers: I understand that as a condition of my being accepted as an entrant in The Great Race®, I shall wear protective headgear or appropriate personal flotation device or both as required under the competition rules. I also understand and acknowledge that the protective headgear worn by a cyclist must be specifically designed and intended for use by cyclists and shall meet or exceed the list standards established by Snell Laboratories, ASTM, and/or ANSI. I agree that it is my sole responsibility to inspect my headgear to determine whether it complies with those test standards and the rules of The Great Race®. The undersigned have read the above waiver and release, understand that they have given up substantial rights by signing it, signed it voluntarily and agree to be bound by it.

I have read this release. Runner or Ironperson Signature/Date
(Parent or Guardian of Minor if under 18 as of 7/19/08)

I have read this release. Paddler's Signature/Date (Parent or Guardian of Minor if
under 18 as of 7/19/08)

I have read this release. Cyclists' Signature/Date (Parent or Guardian of Minor if
under 18 as of 7/19/08)

I have read this release. 2nd Paddler's or Guide's Signature/Date - Tandem Recreational
Canoe /Kayak (Parent or Guardian of Minor (if under 18 as of 7/19/08)

8. Payment payable to The Great Race®

ENTER ONLINE AT
THE GREAT RACE.ORG for lowest
entry fee & most convenience.

Entry Fee
Postmarked by July 11 \$ _____
Do not mail after July 11.

After July 11 or at Old Spaghetti
Factory Carbo Dinner \$ _____

Old Spaghetti Factory
Carbo Dinner
Adult (13 & over)
meals @ \$7 each \$ _____

Children's (12 & under)
meals @ \$3 each \$ _____

Raffle Tickets - \$2 each
or @ 6 for \$10 \$ _____

Contributions \$ _____

TOTAL ENCLOSED \$ _____