



The Resident Programs and Services Division
PRESENTS ITS
1ST ANNUAL
10K/5K RUN/WALK
1-MILE FUN RUN

DATE:
Saturday, October 16, 2010

LOCATION:
Evelyn Hallman Park (formerly Canal Park)
1900 N College Ave, Tempe, AZ

START TIMES:
6:30 A.M. Registration, Packet, T-Shirt and Chip Pickup
7:30 A.M. 10K Run (6.2 mile)
7:45 A.M. 5K Run (3.1 mile), 5K Walk (non-competitive)
8:00 A.M. 1-mile Fun Run/Walk (non-competitive)
8:30 A.M. Kids' Dash

COURSE:
This course is mostly flat with some twists and turns on pavement and dirt within the park and along the canal. The course is accurately measured and the runs will be chip timed.



Rainbow Housing Assistance Corporation (Rainbow), has been providing service-enriched housing programs to lower income residents of affordable housing communities throughout the country since 2005. Rainbow is a nonprofit 501(c)(3) corporation founded in 2002 to create and preserve affordable housing for families with the goal of being a catalyst for neighborhood revitalization. Rainbow established a Resident Programs and Services Division in 2005 to provide onsite resident services and now serves over 5,000 low-income households nationwide; connecting those we serve to opportunities to become self-sufficient. We rely on the generosity of our Friends of Rainbow to help these underserved families and individuals with the expansion of educational and employment opportunities.

Embrace a Better Future 10K/5K Run/Walk celebrates our families and individuals in their efforts to improve their future by such means as obtaining their GED, rewriting their resume, and assisting their children's educational learning for improved grades. In essence, becoming empowered to enhance their self-sufficiency as a direct result of engaging in our programs and services and therefore, achieving their life goals.

Get Involved:
WWW.RAINBOWHOUSING.ORG

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1ST ANNUAL



EMBRACE A BETTER FUTURE
10K/5K RUN/WALK
1-MILE FUN RUN/WALK
SATURDAY, OCTOBER 16, 2010 7:30 A.M.



Resident Programs and Services Division
34975 N North Valley Pkwy
Ste 152
Phoenix, AZ 85086

1ST ANNUAL EMBRACE A BETTER FUTURE
10K/5K/1 MILE RUN/WALK

PLEASE
PLACE
STAMP
HERE

**The Resident Programs
and Services Division
PRESENTS ITS
1ST ANNUAL
10K/5K RUN/WALK
1-MILE FUN RUN**



EMBRACE A BETTER FUTURE

ENTRY FEES:

	POSTMARKED		RACE DAY
	BEFORE	AFTER	
	10/1/10		
10K	\$25	\$30	\$35
5K	\$20	\$25	\$30
1-MILE	\$15	\$15	\$20
KIDS' DASH	FREE	FREE	FREE
5K TEAM CHALLENGE (TEAM OF 5)	\$80	\$100	\$120
10K TEAM CHALLENGE (TEAM OF 5)	\$100	\$120	\$140

Registration fee includes race entry, chip timing, commemorative t-shirt, and refreshments.

REGISTRATION:

BY MAIL:

Complete attached waiver and registration form. Send both with check made payable to Rainbow Housing Assistance Corporation to:

Rainbow Housing Assistance Corporation
34975 N North Valley Pkwy Ste 152
Phoenix, AZ 85086

Waiver and registration must be postmarked by October 1, 2010 to receive early registration discount.

ONLINE REGISTRATION:

WWW.EMBRACEABETTERFUTURE.ORG

Please visit our website to register online via active.com. A small additional processing fee is added to all online entries.

RACE DAY REGISTRATION:

Saturday, October 16, 2010 6:30 a.m.—7:30 a.m.
Evelyn Hallman Park (formerly Canal Park), Tempe, AZ

AWARDS:

Presented to the top three overall male and female finishers and top three male and female in each 10-year age group for the 10K and 5K Runs. Awards also given to the top three teams. Total time for each team calculated by the average time of the top two runners and the last runner on each team.

QUESTIONS?

Contact Stephanie J Foster, Rainbow Housing Assistance Corporation, at sfoster@rainbowhousing.org or (623) 889-3405. Please visit race website, www.EmBRACEaBetterFuture.org, for the most up-to-date information.

PARKING:

Arizona Historical Society
1300 N College Ave, Tempe, AZ 85281

I know that running and volunteering to work in charity races are potentially hazardous activities. I should not enter and run in this race unless I am medically able and properly trained. I assume all risks associated with running and volunteering to work in charity races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Rainbow Housing Assistance Corporation, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in the race and/or race-day activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Waiver: By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risks involved. I further acknowledge that the race course contains uneven surface conditions, potholes, and curbs, which may create a risk; I further acknowledge that the race is on public roads and that vehicular traffic may be encountered, and I accept these risks. Therefore, in consideration of the acceptance of my entry, I for myself, my heirs, my executors, and administrators waive any an all rights and claims for damages I may have against Rainbow Housing Assistance Corporation, race sponsors, and any individuals associated with this event and will hold them harmless for any and all injuries I may suffer in conjunction with this event. I have read and understand this liability release.

Cancellation: The "EmBRACE a Better Future" charity race will occur in the event of rain, barring extreme circumstances (i.e. lightning and/or thunderstorms). There will be no refunds, but rather your entry fee will be used as a donation to help local children, individuals, and families in need of assistance by way of education, job search, GED preparation, etc. to improve their lives and better their futures.

Participant's Name _____

Signature _____
(Parent or Guardian's Signature if under 18)

Date _____

EMBRACE A BETTER FUTURE

PLEASE COMPLETE ALL FIELDS. ONE ENTRANT PER FORM. NO REFUNDS.

PLEASE PRINT ALL RESPONSES

FIRST NAME

LAST NAME

ADDRESS

ADDRESS 2

CITY STATE ZIP CODE

HOME PHONE MOBILE PHONE

E-MAIL ADDRESS

TEAM NAME (IF APPLICABLE)

ARE YOU THE TEAM CAPTAIN? Y N

GENDER: M F AGE ON RACE DAY: _____

T-SHIRT SIZE: S M L XL XXL

FEES:	POSTMARKED	
	BY	OCT 1 -
	OCT 1	OCT 11
10K	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30
5K	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
1-MILE	<input type="checkbox"/> \$15	<input type="checkbox"/> \$15
KIDS' DASH	<input type="checkbox"/> FREE	<input type="checkbox"/> FREE
5K TEAM CHALLENGE (TEAM OF 5)	<input type="checkbox"/> \$80	<input type="checkbox"/> \$100
10K TEAM CHALLENGE (TEAM OF 5)	<input type="checkbox"/> \$100	<input type="checkbox"/> \$120

TOTAL ENCLOSED: \$ _____

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WITH SIGNED WAIVER, RETURN THE ENTRY FORM WITH CHECK PAYABLE TO:

**RAINBOW HOUSING ASSISTANCE CORPORATION
34975 N NORTH VALLEY PKWY STE 152
PHOENIX, AZ 85086**

PLEASE VISIT RACE WEBSITE,
WWW.EMBRACEABETTERFUTURE.ORG, FOR THE MOST UP-TO-DATE INFORMATION.