

25th Annual CWEA Sludge Trudge



Be sure to Step Up to the Challenge of the AC08 Sludge Trudge!

5K Run/Jog/Walk or 2K Fun Walk around the Capitol

at

Capitol Park in Downtown Sacramento – a mere two blocks from the convention center!

Your walk there can be part of your warm up!

Tuesday, April 15, 2008, 4:00 pm

This year we are having a special theme of the “turdle and the hare”!

The “turdles” will only have to trudge (no running!) the 2K route, and the “hares” will try to catch them but have to do the 5K route!

Folks who want to walk the 5k are welcome to do so too.

There will be one grand prize man and woman winner, as well as winners for the first place man and woman in each of the following categories:

Runners: Age group: < 30, 30-39, 40-49, 50-59, >60

Walkers: Age group: < 30, 30-39, 40-49, 50-59, >60

For additional information contact: Sophia Skoda at (510)287-1542; email: sskoda@ebmud.com

Waiver: In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound to myself, my executors, administrators and assignees, do hereby waive and release the California Water Environment Association and all persons and agencies connected with the CWEA Sludge Trudge from all claims for damages arising from my participation in and travel to and from this event. I also certify that I am physically fit and adequately trained to participate in this event.

Signature _____ Date _____

PLEASE PRINT AND COMPLETE ALL INFORMATION REQUESTED BELOW

Please enter me in the 25th Annual CWEA Sludge Trudge

Name: _____ E-mail address: _____

Address: _____ City: _____ Zip: _____

Work Phone: _____ Home Phone: _____

Age Group: Runners: Age group: < 30, 30-39, 40-49, 50-59, >60

Walkers: Age group: < 30, 30-39, 40-49, 50-59, >60

Gender: M F (circle one)

T-shirt size: M L XL (circle one)

Please include this form with your completed Conference Registration form