



# Sludge Trudge 5K Fun Run/Walk Registration Form

## 27th Annual Sludge Trudge 5K Fun Run/Walk around California's Capitol

**New this year: Get your co-workers together for the OPPORTUNITY to win the "SCHOOL OF FISH" team category! Prize will be awarded to the team of 3+ employees from the same firm or agency with the fastest AVERAGE time.**



**WHEN:** Thursday, April 22, 2010  
4:00 PM Start

**WHERE:** Capitol Park in Downtown Sacramento  
(Only two blocks from the Convention Center!)

**FEE:** \$25 Pre-Race (includes T-shirt)  
\$35 Race Day (includes T-shirt)  
\$10 T-shirt Only

**CONTACT:** Sandie De Medeiros, CDM  
(925) 296-8031  
[DeMedeirosSL@CDM.com](mailto:DeMedeirosSL@CDM.com)

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 runner categories. There will be one prize drawing each for all men's and women's walker categories.

School of Fish teams will be determined based on registration. Any firm or agency with 3 or more employees registered for the race will automatically be entered. Team members will still be eligible for individual prizes.

### PLEASE COMPLETE THE FOLLOWING INFORMATION

**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 2010 Sludge Trudge 5K 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 enter me in the 27th Annual Sludge Trudge 5K

Name: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Employer: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Work phone: \_\_\_\_\_ Home phone: \_\_\_\_\_

**Age Group:** Runners: Age Group: Under 30, 30-39, 40-49, 50-59, Over 60 (circle one)

Walkers: Age Group: Under 30, 30-39, 40-49, 50-59, Over 60 (circle one)

**Gender:** M F (circle one)

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

**PLEASE INCLUDE THIS FORM WITH YOUR COMPLETED CONFERENCE REGISTRATION FORM**