

# King Of The Hills

Half-mile,5K,10K Trail Runs/Walks  
& Sprint Biathlon (5K Run/10K Bike)

@ **The Lazy Lilac Ranch...** in Glennville, CA

**Saturday, April 28 2007...** rain or shine ☺!

*Benefiting the Betty Ann Ong Foundation* [www.BettyOng.org](http://www.BettyOng.org)

**Race Starting Times:**

**\*Race-Day Registration:7-10 am**

**9:00 a.m.** 5K & 10K- Open Men/Women

**9:10 a.m.** ½ Mile Youth Run (13 & Under)

**10:00 a.m.** \*5K Run/Walk- *The real Real Estate Challenge* Men/Women

*\*Open to everyone in the R.E. field* (Agents, loan officers, escrow, builders, appraisers, home inspectors, termite companies, title reps, home warranty reps...)

**11:00 a.m.** **Sprint Biathlon-** (5K Trail Run/10K Mountain Bike) Men/Women

**12:00 noon** **AWARDS: Top 3 Male & 3 Female Individual Finishers of each race.**

**--TEAM BIATHLON (M/F, M/M, F/F) STARTS** right after the Individual AWARDS.

**Top 3 male & female INDIVIDUALS in each of the 5 races will receive :**

- 1) Name, Place and Time embroidered on **K.O.T.H.** Race Towel.
- 2) Copy of first annual **K.O.T.H. DVD!** (mailed to address on registration form)
- 3) Name, Place and Time in all of NEXT YEAR'S **K.O.T.H.** Shirts!

**\$\$ CASH PRIZE: \$50** for the day's FASTEST 5K, 10K, & INDIVIDUAL Biathlon.

**TO REGISTER:** Go to [www.BakersfieldTrackClub.com](http://www.BakersfieldTrackClub.com) and click on “Calendar”. Look for “King Of The Hills” info on April 28, 2007. PRINT the flyer & Mail-in.

**Mail-in Pre-Registration Fees per event:**

**Make checks payable & mail to:**

Postmarked by April 2, '07 \$22.00

**Fernando Mendoza**

Postmarked by April 18, '07 \$27.00

**2324 Truxtun Ave**

**Race-Day Registration----** \$30.00

**Bakersfield, CA 93301**

**On-line Pre-Registration:** Go to [www.Active.com](http://www.Active.com) and search for “King Of The Hills”.

Or... **complete this form:**

Name of Participant(s): \_\_\_\_\_

Address: \_\_\_\_\_  
(Street) (City) (State) (Zip)

Phone Numbers: ( ) \_\_\_\_\_ ( ) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Gender: (check one) \_\_\_Male \_\_\_Female

Event: (check one) \_\_\_ Open 5K \_\_\_ Open 10K \_\_\_ 1/2 Mile Youth Run

\_\_\_ 5K *real Real Estate Challenge* Biathlon **Individual** \_\_\_ or **Team\*\*** \_\_\_

\*\*Biathlon **TEAMS** only: (check one) Male/Female \_\_\_ M/M \_\_\_ F/F \_\_\_

Shirt Size: \_\_\_XS \_\_\_Sm \_\_\_Med \_\_\_Lg \_\_\_XL

**Directions** to The Lazy Lilac Ranch in Glennville

([www.LazyLilac.com](http://www.LazyLilac.com))

**From Bakersfield:**

Exit Hwy 99 on **AIRPORT DRIVE**. Go past the Bakersfield Airport. After James Road, the name changes to **GRANITE ROAD**. Stay on Granite Road for approx. 34 miles until it intersects **STATE HIGHWAY 155** at a **STOP SIGN**. **Turn LEFT onto State Hwy. 155**. Drive for approx. 400 meters and you'll see the Lazy Lilac Ranch on your **RIGHT**. Use the **BARN ENTRANCE** for **EVENT PARKING**.

**From Fresno:**

Exit Hwy 99 in **DELANO** and take Garces **Hwy 155 EAST** towards Woody/**Glennville**. The ranch entrance is off Hwy 155 approx. 33 miles from Hwy 99 in Delano. **IF** you get to the Mountain Market, Motel, & Restaurant you've gone too far. \*Please allow 45 minute driving time from the Bakersfield Airport or Delano.

**\*\*WARNING:** There are no gas stations near or in Glennville. Please **FUEL UP** your vehicle in **Bakersfield or Delano** before heading into the *hills*. ☺



**\*\*\*\*\*ALL PARTICIPANTS MUST READ AND SIGN BELOW!\*\*\*\*\***

**Full Waiver and Release:** In consideration for my entry being accepted, I hereby waive and release forever for myself and for my heirs, executors, administrators, any and all claims, causes of actions and suits I may accrue against the Lazy Lilac Ranch, Glennville, Kern County, property owners on whose property the race is run, race director, volunteers and any sponsors of this race for any bodily injury, emotional injury, property damage or economic loss, including death suffered by me while traveling to and from or competing in the **“King Of The Hills” ½ mile, 5K, 10K, or Biathlon on April 28, 2007** whether from natural cause, human-made hazards or any other defect or omission or act.

x \_\_\_\_\_ x \_\_\_\_\_\*  
**Signature of Participant** **Signature of Parent or Guardian for minors**  
**Date:** \_\_\_\_\_ \*I am representing that I have authority to sign this release.

**For Additional Info: Call (661)333-4404 or e-mail: FerMendoza126@hotmail.com**