

Kingsburg Women's Club ♦ 28th Annual

2009 DALA TROT

Saturday, May 16 ♦ Downtown Park ♦ Kingsburg CA

Events Start at 7:00 AM ♦ 2 Mile Walk ♦ 2 Mile Run ♦ 10K/6.21 Mile Run

Registration Fees:

Ages: 09 - under / 65 - over

Ages: 10 to 64

Before Race Day

\$15.00

\$20.00

Race Day (6:00 to 6:30 am)

\$20.00

\$25.00

For entries received by April 30th, shirt size will be reserved. Race Day entries - shirt NOT included.

Walk-up Registration & T-Shirt Pickup - be ready for RACE DAY - Friday, May 15 ~ 5:00 pm to 7:30 pm
In front of Kingsburg Chamber of Commerce Office, 1475 Draper Street, Kingsburg

Race Day Registration & T-Shirt Pickup - be prompt! ONLY 30 minutes ~ 6:00 am to 6:30 am
Downtown Park - Marion and Lewis Streets - near start line. Shirt NOT included for Race Day entries.

Awards & Results - Awards ceremony held ASAP at the site of Race Day Registration

ALL events, overall awards to Male and Female with the "Best time" and 1 thru 3 places in each age group listed on entry form. NO award duplications.

Course Description - Start & Finish at Kingsburg's Downtown Park

Events start at 7:00 am. 2 Mile to the right (east) & 10K to the left (west)

Residential areas, fully paved. Intersections monitored & water stops on the course.

Finish chutes - follow chute workers directions

Directions to Kingsburg

Just east of Highway 99. Exit #112 - go east on Hwy 201 (Conejo/Sierra Street); turn right (go south) onto Marion Street. Start/Finish area is one block south of Draper Street.

Benefits

Kingsburg Women's Club Community Improvement Projects

Information

Janelle Baker at 559-897-8069 or Lori LeForge at 559-897-5264

Dala Trot is part of the 44th Annual Swedish Festival 2009 sponsored by the Kingsburg Chamber of Commerce - May 15th to 17th

Official results by Pro Race Group of Fresno ♦ www.proracegroup.com ♦ Email: info@proracegroup.com

2009 DALA TROT Entry Form ♦ Please, print legibly ♦ ONE entrant per form

Name - First _____ Last _____

Address (include Apt. or Box Number) _____

City _____ State _____ Zip _____

Email _____ Telephone _____

Gender (circle): Male Female Age on Race Day: _____

T-shirt (circle ONE): NO SHIRT Adult Sizes S M L XL 2XL Child Sizes S M
Commemorative Trot T-Shirts are reserved for entries received as of April 30th - waiver signed & registration fee paid.

Circle ONE Age Group to indicate Event Entry - Awards: Overall & 1 thru 3 places in each Age Group

2 Mile RUN, 7:00 AM			2 Mile WALK, 7:00 AM <small>Award winners must WALK - NO running!</small>			10K/6.21 Mile Run, 7:00 AM		
06 - UN	25 - 29	50 - 54	09 - UN	30 - 34	55 - 59	10 - 14	35 - 39	55 - 59
07 - 09	30 - 34	55 - 59	10 - 14	35 - 39	60 - 64	15 - 19	40 - 44	60 - 64
10 - 14	35 - 39	60 - 64	15 - 19	40 - 44	65 - 69	20 - 24	45 - 49	65 - 69
15 - 19	40 - 44	65 - 69	20 - 24	45 - 49	70 - 74	25 - 29	50 - 54	70 - OV
20 - 24	45 - 49	70 - OV	25 - 29	50 - 54	75 - OV	30 - 34	50 - 54	