

16th Annual
Cinco-Cinco

5K Run / 5K Walk
Children's Fun Run



**BOLDER
BOULDER
Qualifier!**

**Fabulous Prizes
Dogs are Welcome**

Scholarship Fundraiser
In memory of Gil Gutierrez

Saturday, May 2, 2009
8:30 a.m.
Colorado State University Oval
Fort Collins, Colorado



Organized by:
Friends of Gil Gutierrez Committee
Lambda Theta Nu Sorority

For more information call 970.491.4847
or visit our website: cincocinco.colostate.edu

*The Cinco-Cinco is a qualifying run for the
Bolder Boulder!*

*This 5K Run/Walk and Children's Fun Run is in
remembrance of Gil Gutierrez.
Mr. Gutierrez was killed by a drunk driver while
running in August of 1993. He served as the
Ombudsman for CSU.*

* DRIVE SOBER *



Campus Recreation
8027 Campus Delivery
Fort Collins, CO 80523-8027
2-60985



Thank you for your support!
Colorado State University
Housing & Dining Services
Residence Hall Association
Campus Recreation
Joe Fleming & T.T.
Fort Collins Club
Houska Automotive
James & Becky Stewart

For more information or to make a donation, please contact:
Loretta Capra, Colorado State University, 970.491.4847
2009 CINCO-CINCO REGISTRATION FORM
Campus Recreation, Colorado State University, 8027 Campus Delivery, Fort Collins, CO 80523-8027.
Mailed registration must be received by Thursday, April 30, 2009.

PLEASE SIGN WAIVER ON THE REVERSE!

NAME: _____ SEX: _____ MALE _____ FEMALE _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: (____) _____ AGE ON RACE DAY: _____ EMAIL: _____
Will only be used for Cinco-Cinco email information.

T-SHIRT SIZE: S M L XL ARE YOU A CSU STUDENT? yes no
CIRCLE ONE: 5K RUN 5K WALK (may not run) DO YOU LIVE ON CAMPUS? yes no

ADDITIONAL T-SHIRTS @ \$8 EACH, SIZE(S): _____ TOTAL PAYMENT \$ _____
check if this is a donation

Office use only: Check # _____ Cash \$ _____ Bib No. _____

NONPROFIT
ORGANIZATION
U.S. POSTAGE PAID
Fort Collins, Colorado 80523
Permit Number 19



16th Annual
Cinco-Cinco
SCHOLARSHIP FUNDRAISING RUN
IN MEMORY OF GIL GUTIERREZ

SATURDAY, MAY 2, 2009 - 8:30 A.M.
COLORADO STATE UNIVERSITY OVAL



READ THIS DOCUMENT COMPLETELY BEFORE SIGNING. ITS EFFECT IS TO RELEASE COLORADO STATE UNIVERSITY, ITS GOVERNING BOARD, AND THE STATE OF COLORADO FROM ANY LIABILITY RESULTING FROM YOUR PARTICIPATION IN THE ACTIVITIES DESCRIBED BELOW, AND TO WAIVE ALL CLAIMS FOR DAMAGES OR LOSSES AGAINST THE UNIVERSITY WHICH MAY ARISE FROM SUCH ACTIVITIES EVEN IF THEY RESULT FROM NEGLIGENCE.

RELEASE FROM RESPONSIBILITY, ASSUMPTIONS OF RISK, AND WAIVER

In consideration of my being permitted to participate in the CINCO-CINCO 5K Run/Walk, at Colorado State University, on May 2, 2009, I, _____, (printed name) the undersigned participant, exercising my own free choice to participate voluntarily in the above-named activity, and promising to take due care during such participation, hereby release and discharge, indemnify and hold harmless The Board of Governors of Colorado State University System and Colorado State University, and their members, officers, agents, employees, and any other persons or entities acting on their behalf, and the successors and assigns for any and all of the aforementioned persons, and entities, (all of such persons and entities are identified below as "Released Parties") against all claims, demand, causes of action whatsoever, either in law or in equity, relating to injury, disability, death, or other harm, to persons or property of both, arising from my participation in and/or presence at the above-listed activity.

I acknowledge that I have been informed of hazards and risks including but not limited to: sprains, strains, dislocations, amputations, cuts, bruises, breaks, teeth (loosened/broken/knocked out), head injuries, paralysis, exposure to outdoor elements resulting in injury, drowning, death, and other risks normally associated with my participation in the above-named activity; I understand, accept, and assume those hazards and risks, and waive all claims against The Board of Governors of the Colorado State University System and Colorado State University, and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participation in normal or unusual acts associated with the above-named activity.

I understand that by signing this release I have given up all future liability claims by me against the Released Parties. I also understand that even if this release were not signed, my assertion of such claims would have to be based on legally recognized wrongful acts or omissions of the Released Parties and that they are in no way insurers of my safety. I also understand that because the University and its governing board are state institutions, several limitations and exclusions exist with respect to liability of the Released Parties. Therefore, I have determined whether I have adequate separate personal insurance to cover all harm that I suffer due to participation in this activity and I have obtained all insurance protection that I want.

PARTICIPANT'S FULL NAME: _____

Check one: CSU STUDENT OR NON STUDENT

DATE OF BIRTH (MO/DAY/YR): _____

I HAVE READ, UNDERSTOOD, AND AGREED TO THE ABOVE TERMS THIS _____ DAY OF _____, 2009.

Signature of person whose name appears above:

Signature (If Participant is under 18 years of age, Signature must be Parent or Legal Guardian's)

Witness over 18 years of age (Participant must sign in the presence of the Witness.)

This event is a 5K Run/Walk and Fun Run for children 8 years or under, in remembrance of Gil Gutierrez, who was killed by a drunk driver while running in August of 1993. Mr. Gutierrez served as the Ombudsman for CSU.

REGISTRATION

•Register *in person* at the following locations during business hours:

CSU Student Recreation Center, Service Desk, Room 116
CSU Wellness Zone, Lory Student Center (next to the Bookstore)
Foot of the Rockies, 150 E. Harmony Rd. (Harmony Market Place)
Runner's Roost, 2720 Council Tree Ave. #112 (Front Range Village)

•Register *online*: www.active.com through Thur., Apr. 30, 2009

•Register *by mail*: (must be received by Thur., Apr. 30, 2009)

Mail completed entry form and **signed** waiver and entry fee (no-refunds) and make checks payable to: CINCO-CINCO:

CINCO-CINCO 5K RUN
CAMPUS RECREATION
COLORADO STATE UNIVERSITY
8027 CAMPUS DELIVERY
FORT COLLINS, CO 80523-8027

Start/Finish is on the CSU Oval (at Laurel and Howes) in front of the Music Building. Parking is available at the Engineering Building parking lot (enter at Laurel and Meldrum).

PROCEEDS FROM THIS EVENT BENEFIT A SCHOLARSHIP FUND IN MEMORY OF GIL GUTIERREZ.

TO DATE, **47** SCHOLARSHIPS HAVE BEEN AWARDED!

CSU STUDENTS, FOR MORE INFORMATION ABOUT APPLYING FOR THE GIL GUTIERREZ SCHOLARSHIP, CALL RACHEL AT 970.491.2459.

Check your race results on line at
www.FootOfTheRockies.com

**ENTRY FEE (includes t-shirt)
Pre-registration**

\$19

\$17 for students and age 65+

\$12 for CSU students living on campus

Group rate (students, families, student organizations, any group!) Register 4, get the 5th one FREE!

(Registration of lesser value is free. All group registrations must be received at the same time.)
There is *no cost* for the Children's Fun Run.

RACE DAY

On-site registration begins at 7 a.m. May 2, 2009 - CSU Oval.
Add \$3 to entry fee above.

DIVISIONS

Male & Female, Runners & Walkers
(The Walking division is not officiated.)

If you think you might run any portion of the race, please register as a runner.
Children's Fun Run is for children 8 and under

RUNNERS AGE BRACKETS

10 and under, 11-14, 15-19, 20-29,
30-39, 40-49, 50-59, 60+

AWARDS

Overall male and female finishers of the 5K Run
(\$50 cash prize each)

Top 3 male and female finishers in each age bracket of the 5K Run

All finishers of the Fun Run
(8 years and under)