

CHRISTMAS MORNING 2024

After the Covid year off, this will be our 23rd annual Christmas Run

COOL YULE JINGLE JOG

Prepare Your Mind and Body for Christmas Dinner.

5K WALK/RUN—10K RUN

On the Bear River Canal Scenic Greenway

Where: Meadow Vista Park. Take Interstate 80 to the Meadow Vista exit; turn north (left if eastbound, right if westbound) onto Placer Hills Road. Go approximately 2.2 miles to left turn at gas station onto Meadow Vista Road. Go approximately 0.1 mile to left turn into park. Take a gander around for the registration table & waddle on up.

When: Dec 25th: registration: 10 AM; races start: 10:30 AM

Fee: \$40 until 10 days before race (Dec 15). \$45 thereafter.

Courses run together, except that a paved segment of the 5K shortcuts a long, mostly unpaved loop of the 10K. The 5K has 3/4 mile of trail on the scenic well-drained downhill berm of the Bear River Canal. The 10K has 3 1/2 miles of very scenic unpaved road and trail, alternating between one and the other side of the canal, with occasional mild muddy spots after rains. Both courses are gently rolling through the bucolic valleys and low wooded hills of Meadow Vista, with two steep 1/8th-mile uphill and a grass finish in the park.

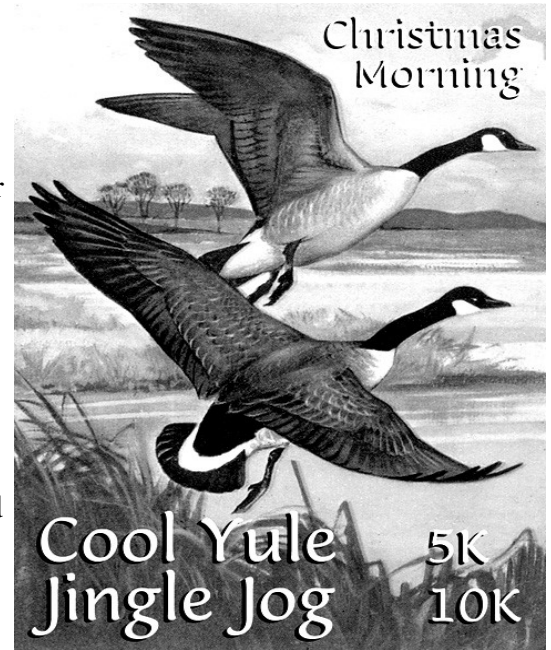
WEATHER: It has only rained twice between 10:15 and 12:15 on race day, because sun is warming the clouds.

Rules: Start on time or shortly thereafter, follow marked courses, bells on shoes recommended. Fast walkers may participate in the 10K. Pets must stay in vehicles until all runners are gone. Pet start is 3-5 minutes later.

Awards: Blue/Red/Green/Purple L-S T-shirts to all runners, featuring geese rising over marsh (above)

Large Living Bouquets from Greenacres Nursery & certificate to first man and woman, both races.

Small Living Bouquets from Greenacres Nursery in Auburn, Rocklin, Roseville, Citrus Heights, Folsom, Elk Grove, Sacramento to all finishers, with finishing certificate; **Division Winner** certificates emailed upon request



Event Application—circle all appropriate categories. Birth gender: male / female / not applicable

Race: 5K or 10K. Age Divisions: 12 & under; 13-16; 17-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+ Dog? Yes or No. Adult Long-sleeve T-Shirt Size: S M L XL

Name

Email.....

Age on Race day.....phone.....

AddressTown.....state.....zip.....

Write checks to **Gordy Ainsleigh Trails & Trees Fund:** \$40 postmarked or delivered by 12/15, \$45 thereafter.

Mail to: H Gordon Ainsleigh DC, 16520 Placer Hills Rd, Meadow Vista CA 95722 Questions: (530) 878-1901

Waiver of Liability: Intending to be legally bound, I hereby waive all legal rights I may have against any persons/organizations/governmental bodies or permissive landowners involved in this event, due to injury or damage or dissatisfaction resulting from this event in any way, including negligence. I attest that I am physically fit and have conditioned sufficiently to participate at the distance and speed at which I will choose to run or walk. I specifically waive my rights to unknown claims. I authorize unlimited use of my photographic image for publicity & education. If accompanied by a pet, I hereby accept full legal responsibility for all actions of my accompanying pet..

Signature: **Date**

(PARENT / GUARDIAN MUST SIGN IF ENTRANT IS UNDER 18 YEARS OF AGE)

ALL ENTRIES GET RACE DIRECTOR'S CHOICE OF WINE FROM GROCERY OUTLET
Race Results will be posted at gordonainsleigh.com within 2 weeks of the event.