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**KAISER  
PERMANENTE®**

**SATURDAY, JANUARY 8, 2011**

**2011**  
SOUTHERN CALIFORNIA

**HALF  
MARATHON  
& 5K  
RACE & WALK**

**SATURDAY, JANUARY 8, 2011**

**JOIN US FOR THE CELEBRATION  
OF THE 20<sup>TH</sup> ANNUAL EVENT**

FEATURING  
MEDALS FOR HALF MARATHON FINISHERS,  
RACE EXPO, AND CHIP TIMING

Information/Register at:  
[www.schalmarathon.com](http://www.schalmarathon.com)

HOSTED BY AND BENEFITTING WOODBRIDGE  
HIGH SCHOOL ATHLETIC BOOSTERS

SATURDAY, JANUARY 8, 2011

START TIMES:

5:30 A.M. Registration
8:00 A.M. Half Marathon/5k Start
9:00 A.M. 5K Awards
10:00 A.M. Half Marathon Awards
10:00 A.M. Kids 1-mile Lake run (8th grade & under)

COURSE: All races start and finish on Barranca (Between Creek and Lake Streets) in Irvine. The course will be fast and run on flat, paved roads around picturesque neighborhoods and recreation areas of the City of Irvine.

DIRECTIONS AND PARKING: 405 Freeway to Culver and go north. Turn right at Alton and follow the signs to the event. OR 5 Freeway to Culver and go south. Turn left on Barranca and follow the signs to the event.

AWARDS: TOP 5 OVERALL male and female in each race will receive plaques and the TOP 3 INDIVIDUALS in each age category (men and women) will receive placement medals.

FINISHING MEDALS: Custom commemorative finishing medals to all Half Marathon finishers (4 hour limit).

TEAMS: We will have competition for teams in the following areas: Corporate, Open, Public Service, High school (5 runners minimum and all runners must pre-register).

REGISTRATION: You can register on-line using the link at www.schalfmarathon.com OR by filling out the registration form found in this flyer and mailing it by Friday, December 31, 2010, (include late fees after 12/16/2010) to the address listed on the form.

RACE INFORMATION: For all the information on the race, please visit our website: www.schalfmarathon.com OR call: 949.559.8171. The fax is: 949.559.5795

PRE-RACE IN-PERSON REGISTRATION: 1 Friday, January 7, 2011, from 3:30 to 8:00 P.M. at the Lakeside Center, 4505 Barranca Parkway, Irvine, CA 92604. 2 Saturday, January 8, 2011, 5:30 to 7:30 A.M. at the Lakeside Center parking lot.

RACE DAY REGISTRATION & CHECK-IN: 5:30 to 7:30 A.M. at the Lakeside Center, 4505 Barranca Parkway, Irvine, CA 92604, next to the start/finish line.

BIB NUMBERS & T-SHIRT PICKUP: 1. Friday, January 7, 2011 from 3:30 to 8:00 P.M. at the Lakeside Center parking lot. 2. Saturday, January 8, 2011 5:30 to 7:30 A.M. at the Lakeside Center parking lot.

POST RACE EXPO: Many, many goodies and refreshments from participating product sponsors and vendors. Family fun, music and exhibits.

KAISER PERMANENTE thrive

Good health is inspiring. At Kaiser Permanente, we encourage you to thrive in mind, body and spirit; to find your motivation and lead the way. By working hard to reach your healthy lifestyle goals, you inspire others to also make good health a priority. What better way to nourish your own well-being than by setting a positive example of healthy habits that includes eating right, exercising regularly, and taking the time for the little things in life that are important to you and your family? After all, even small changes can make a big difference in your health.

Be well and thrive. For more information about Kaiser Permanente, please go to kp.org.

Team Kids Empowering America's Future

The mission of Team Kids is to strengthen innovative community collaborations that inspire and empower young people to be responsible, resilient citizens with a passion for community service.

In addition to race proceeds being provided to Woodbridge H.S. Athletics, participants in the SCHM and 5K also have the opportunity to make a donation to Team Kids on the registration form or to join Team Kids by designating "KID" in the registration code.

Team Kids is grateful to be this year's Southern California Half Marathon charitable partner as described above!

Join us MLK Day weekend 2011 and host your own LemonAid stand to benefit charity.

Join Team Kids, become a member! Visit teamkids.org for more information.

MAIL IN ENTRY FORM - Print legibly in black ink: Mail entry form and fee to: SCHM & 5K, Post Office Box 16514, Irvine, CA 92623

IF PAYING BY CREDIT CARD, FOLLOWING ADDRESS & PHONE MUST MATCH CARD BILLING INFORMATION:

NAME (Last) ADDRESS CITY STATE ZIP APT. NO. (First) SEX AGE ON RACE/DAY

I am interested in joining TEAM KIDS and setting up a pledge page: Yes \_\_\_ (TEAM KIDS participants, include email below and insert "KID" in Reg Code) Registration code: \_\_\_

EMAIL

TEAM NAME

1.5K Division: age 6 to 12 years old School

WAIVER: I hereby release Woodbridge High School, County of Orange, the City of Irvine, Kaiser Permanente, Woodbridge Warrior Boosters, Southern California Half Marathon & 5K, the Irvine Company, and all other sponsoring company(ies) or agency(ies) or individual(s) involved in the event from responsibility for any injuries or damages I may suffer as a result of my participation in the SCHM & 5K. I hereby consent to receive medical treatment which may be deemed advisable during this event and understand that I am solely responsible for all costs relating to medical transportation and/or evacuation. I will additionally permit the use of my name and pictures on broadcasts, telecasts, newspapers, brochures, and any other purpose whatsoever. I understand that the bib numbers assigned to me are not transferable. As a participating athlete, I certify that I am in good health to participate in this event and that all information provided here is true and complete.

SIGNATURE OF ATHLETE (OR PARENT IF ATHLETE IS UNDER 18)

DATE

SIGNATURE REQUIRED WHEN PAYING BY CREDIT CARD

EXPIRATION DATE

CHECK ONE: HALF MARATHON, 5K, 1.6K. HALF MARATHON...\$50.00, 5K...\$35.00, 1MILE RUN (Kids Run)...\$15.00. After 12/16/2010 add late fee of \$5.00

Half-Marathon...\$50.00, 5K...\$35.00, 1.6K...\$15.00. Late Fee (after 12/16/2010)...\$ 5.00 in-person registration will be \$60, \$40 and \$20.

DONATION TO TEAM KIDS. Convenience Charge if by Credit Card \$3.00. TOTAL FEE

Make Checks Payable to SCHM

CHECK ONE: MEN, WHEELCHAIR PARTICIPANT, RACE WALKER. WOMEN, PARTICIPANT

3 Digit CVN, CREDIT CARD NUMBER