

## Age Group Divisions

Awards for male/female 1st, 2nd, and 3rd place finishers in each age group along with various special Law Enforcement awards.

### 5k

9 and under  
10-13  
14-18  
19-29  
30-39  
40-49  
50-59  
60-69  
70 and up

### 10k

18 and under  
19-29  
30-39  
40-49  
50-59  
60-69  
70 and up

Shadow Cliffs Regional Park  
2500 Stanley Blvd.  
Pleasanton, CA 94566

**From the south:** Hwy I-680 north to Pleasanton to the **Bernal Ave. exit.** East (right) on Bernal— turn left on First Street, which will turn into Stanley Blvd. Look for Shadow Cliffs entrance on the right about one mile east on Stanley Blvd.

**From the north and east:** From Highway 5 take I-580 west to Pleasanton to the Santa Rita Road exit and go south. Turn left on Valley Ave. then left on Stanley Boulevard. Look for Shadow Cliffs entrance on the right about a half-mile.

**From the west:** Hwy I-680 south to Pleasanton to the Bernal Ave. exit. Go east (right) on Bernal, turn left on First Street, which will turn into Stanley Boulevard. Look for Shadow Cliffs entrance on the right about one mile east on Stanley Blvd.

**NOTE:** Shadow Cliffs park charges a \$6 parking fee

Preregistration deadline is **May 3**. Race packets available for pickup on race day. Download additional forms or register online at:  
[www.onyourmarkevents.com](http://www.onyourmarkevents.com)

## In The Line Of Duty 2010 HONORED OFFICERS

### Sgt. Curtis Massey

Culver City PD

### Sgt. Ervin Romans

Oakland PD

### Sgt. Mark Dunakin

Oakland PD

### Sgt. Daniel Sakai

Oakland PD

### Officer John Hege

Oakland PD

### Sgt. Greg Hernandez

Tulare County SD

### Sgt. Steven May

Modesto PD

## CPOA Memorial Run (5k, 10k and Kid's challenge) and Family BBQ



California Peace Officers' Memorial in Sacramento, unveiled on May 13, 1988, and is dedicated to the brave men and women of law enforcement who have died in the line of duty.

**Saturday, May 8, 2010**  
**Shadow Cliffs Regional Park**  
**in Pleasanton, CA**



The **CPOA 5K & 10K Run** is a family oriented event open to all Law Enforcement, their families, and friends of Law Enforcement. This annual event is held to honor and remember peace officers who have fallen in the line of duty. All proceeds go directly to **C.O.P.S., Concerns of Police Survivors**, an organization whose sole mission is to assist with the rebuilding of lives of surviving family members of law enforcement officers killed in the line of duty. Each year, between 140-160 officers are killed in the line of duty. Their



families and co-workers are left to cope with the tragic loss. C.O.P.S. has over 15,000 members and provides resources and assistance to help these families rebuild shattered lives. There is no membership fee to join C.O.P.S. for the price paid is already too high.

**C.O.P.S. Survivor Programs Include:**

- National Police Survivors' Conference (held each May during National Police Week)
- Scholarships
- Peer Support at national, state & local levels
- "C.O.P.S Kids" Counseling Program
- "C.O.P.S. Kids" Summer Camp
- "C.O.P.S. Teens" Outward Bound Program
- Retreats for spouses, parents, siblings, adult children, and in-laws
- Trial & parole support

For more information on C.O.P.S., go to:

**www.norcalcops.org**



This event features a Kid's Fun Run/Walk! — A challenging and scenic 1-mile course inside Shadow Cliffs park for kids up to 12 years old. Participants will receive a T-shirt, food ticket & finisher awards!




The 5K Run/Walk and 10K Run features a unique and fast course that is a challenging combination of trail running and scenic rolling hills.

**Race Details:**

**Time:** Race day registration/check in begins at 7:30 a.m. Both the 5K and 10K runs start at 9:00 a.m. The Kid's Fun Run starts at 10:15 a.m.

**START/FINISH:** All runs are entirely inside Shadow Cliffs Regional Park.

**AWARDS:** Participants receive a race T-Shirt, Outback meal ticket and a chance at raffle prizes. Trophies to top overall male and female runners & medals to top three runners in each age division (see back).

 The Outback BBQ begins at 10 a.m. and includes an Outback Burger or Chicken, side salad, chips, fruit & a drink. Food tickets are \$10 for adults and \$7 for kids (12 and under). Runners receive one free food ticket.

**MAKE THIS RUN YOUR FAMILY TRADITION!**

Last name \_\_\_\_\_

First name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Law Enforcement? Yes No

Agency \_\_\_\_\_

Sex M F (Circle one)

Age on race day \_\_\_\_\_

5k (Run/Walk) or 10k Run \$30 (\$35/race day)  
Kids Mile \$10(\$15/race day)

Race Fee = \_\_\_\_\_

Extra Kid's Meal \_\_\_\_ X \$7 = \_\_\_\_\_

Extra Adult Meal \_\_\_\_ X \$10 = \_\_\_\_\_

\$6 Parking Fee (per vehicle) = \_\_\_\_\_

C.O.P.S. Donation = \_\_\_\_\_

**Total =** \_\_\_\_\_



**REGISTRATION:** Checks payable to **CPOA**  
Complete form, enclose check and mail to:

**"On Your Mark."  
P.O. Box 1199,  
Arnold, CA 95223**