



# **TIKI TROT**

## **August 24, 2014**

### **5K/10K and Tiny Tiki Kids Run**

Join the Pacifica Runners, a community based non-profit running club dedicated to fun and fitness for all ages and all abilities, for a fun coastal run!

**DATE:** Sunday, August 24, 2014

**SCHEDULE:** 7:30 Registration → 8:30 10K Start → 9:00 5K Start → 10:00 Tiny Tiki Run

**LOCATION:** Rockaway Beach Parking Lot (near Holiday Inn Express), Pacifica

**COURSE:** 5K out and back from Rockaway beach parking lot into Quarry Trail and onto Mori Point trail. 10K is a double loop of the 5K course.

**COST\*:**

5k

- PR Members: \$5 (adults) / \$3 (kids)
- Non-Members: \$10 (adults) / \$5 (kids)

10k

- PR Members: \$10 (adults) / \$5 (kids)
- Non-Members: \$15 (adults) / \$10 (kids)

**REGISTRATION:** <http://pacificarunners.eventbrite.com>

**Like Pacifica Runners on Facebook and visit our web site at  
[pacificarunners.org!](http://pacificarunners.org)**

**\*Notes:**

- Service fees added to online registrations
- Day-of-Registration: Add \$5 per event for adults and \$3 per event for kids.
- Kids' price is for children age 5-17. The Tiny Tiki kids run is FREE!