



Lone Star Runners Club
 Resolution Run
 January 1, 2010
 9:00 am John Stiff Memorial Park
 Start/Finish Southwest corner of park

5000 meter run

Early Packet Pickup at *Get Fit* Dec 31, 2009 Noon to 5:30 pm
 7:30 am – 8:30 am Registration/Package Pickup
 9:00 am Start of 5K Race

Divisions: Male/Female 19 & Under, 20-29, 30-39, 40-49, 50-59, 60+ Awards to Overall and age group winners.

*Early registration \$15.00
 Race Day \$20.00
 Lone Star Runners Club members \$12.00*

Make Checks payable to LSRC

For more information contact:
Dee Durham @ 206-1521
mail registration- 3500 Concord Amarillo Rd, TX 79109
Headbands to the first 100 entries

Name: _____

Address _____ City _____

State _____, Zip Code _____ Phone _____

Male _____ Female _____ Date of Birth ____/____/____

E-mail Address _____

I agree to waive, release, and discharge for myself and my heirs all claims against any and all claims for damages against the sponsors, representatives, and race officials for any injuries resulting from my participation in this event. I assume all risks associated with my voluntary participation in this event. I verify and attest that I am physically fit and sufficiently trained for this event.

Signature (Parent/Guardian Signature if under 18) _____

Date _____