

**Lone Star Runners Club
2009 Frosty Four 4 miler
Saturday, December 26
9:00am – Thompson Park**



LSRC Frosty Four

Saturday, December 26, 2009

9:00 am

Thompson Park

Start/Finish - Boat Dock area

8:15-8:45 am

Registration/Package Pickup

Overall Male/Overall Female

LSRC members \$15

All others \$20

Make checks payable to LSRC

Contact: Brad Wilson

355-4404

t-shirts to the first 75
entries

Name _____
Address _____ **City** _____
State _____ **Zip Code** _____
Male _____ **Female** _____ **Date of Birth** _____ **Age** _____
Shirt size: **Small** _____ **Medium** _____ **Large** _____ **X-Large** _____
Email 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, representative, 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 if under 18)

Date