



Lone Star Runners Club
2-9-2 Duathlon 9:30am
9 Mile Trail Run 10:00am
Saturday, May 1st 2010

Juniper Campground, Palo Duro Canyon
 Park Gates Open @ 8:00 A. M. \$2.00 Entry into Park

Free Burgers served after the race

Entry Fees: \$20.00 Members and Students, \$25.00 Non-Members

Two person Du Teams: \$35.00 (first place award only) Race day entry, add \$5.00 all categories

Awards: 1st, 2nd, 3rd Overall and Masters

The North Face T Shirts to first 100 entrants, sizes first entered first served

Name: _____ Date of Birth: _____

Address: _____ City _____ State _____ Zip _____

Male/Female Email: _____ Phone _____

LSRC Member: Y/N

Shirt Size: S M L XL

Category: Du Run

RELEASE OF LIABILITY

In return for its agreement to accept this entry form, I hereby release Lone Star Runners Club, its officers, directors, agents, representatives, and the volunteers, sponsors, promoters, and all other persons associated with Lone Star Runners Club from liability for any injuries received by me (or if the participant is a minor, then I release them from liability for injuries received by the minor for whom I am responsible) during participation in this sporting event, which includes all post-race activities through the end of the awards ceremony and the conclusion of the event. I recognize that participation in the event sponsored or in any way supported by Lone Star Runners Club exposes me and/or my family member(s) to risks including, but not limited to, running-related injury, traffic, and other risks including cracks in the roadway or sidewalk, uneven running surfaces, slick conditions, other participants in the race, weather-related hazards, and post-race accidents of any type. Notwithstanding these potential risks and possibly other unanticipated risks, all of which cannot be listed, I HEREBY ASSUME FULL RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY (OR MY FAMILY MEMBER'S) ATTENDANCE AT OR PARTICIPATION IN THIS EVENT.

 Signature (Parent's signature for entrant under 18)

 Date

Please make checks payable to: Lone Star Runners Club
 Mail entry form and fee to:

Pre-Race Packet Pickup at

Kevin McClish - Race Director - 359-9354
 6213 Dartmouth
 Amarillo, TX 79109

Get Fit

2311 S Georgia, Amarillo, TX
 Friday April 30, 2010 Noon to 6pm