

**PAUL AND MIKE'S EXCELLENT MILE, #30
JULY 13, 2024
THOMPSON PARK, AMARILLO TX**

Come join us for the 30th running of this summertime classic. Everyone is welcome – fun runners, walkers, joggers, first timers, repeat offenders, serious racers, walkers, kids and adults. Every participant will receive a custom-designed T-shirt. Also, we have some other “excellent” goodies for every participant.

Basically, every runner gets more in swag than the cost of their entry.

We will also have breakfast burritos, drinks and musical entertainment after this year's event.

There will be three heats: 8 AM for masters entries (50 over), 8:30 for open runners and 9 AM for kids and walkers
We will have awards for the Overall Winners, both Female and Male, Open and Masters, Plus age groups.

Race day meeting place is in Thompson Park, Picnic Area Number 18. That is at the 1/2 mile point of the race.

Start line is at the south end of Funfest Boulevard, near the park swimming pool. Finish line is 1 mile north.

Age groups: 0–9, 10–13, 14–18, 19–29, 30s, 40s, 50s, 60s and 70+

Entry fees: \$25 for ages 14 and over, \$20 for ages 13 and under. Entry fees go up by five dollars on race day.

All race proceeds go to benefit the Ronald McDonald House of Amarillo.

Packet pick up will be at **GetFit, 1911 S. Georgia, on Friday 7/12/24 from 4:30 until 5:30.**

NAME: _____ AGE (on7/13/24) _____ Female/ Male (circle)

BIRTHDAY: _____ EMAIL: _____

ADDRESS: _____ CITY _____ STATE _____ ZIP _____

PHONE NUMBER: _____

T-shirt size? Youth S, Youth M, Youth L Adult S, Adult M, Adult L, Adult XL

Please make your checks payable to: Paul and Mike's Excellent Mile

Mail print entries to: Mike Flores, 212 Banks Dr., Amarillo, TX 79124.

Please send all mail entries before 7/05/2024.

In consideration of accepting this entry, I the participant, intending to be bound to hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees, for any and all injuries to me or my personal property.

This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand That this release is binding on my heirs, executors, administrators or assignees. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this excellent event, including but not limited to falls, contact with other participants, the effects of weather, traffic, sweating, course conditions, or getting beaten by Paul and I waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official, relative to my ability to safely compete. By submitting this entry, I acknowledge (or a Parent or Adult guardian for all children under 18 years of age) having read and agreed to the above release and waiver, including the RunSignup no refund policy

Signature of participant/ parent/ guardian: _____