

JOIN THE FUN RUN!



LONE STAR PACESETTERS HOT SHOE IN RUN 5 K / 10 K RUN

Saturday September 4, 2010 at 7:30 a.m.

Harlingen Sports Complex

Trophies to the first three places in each age division for both Male and Female Runners

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

T-shirts to the First 100 Entrants

BRING YOUR OLD SHOES TO BE DONATED TO SUNNY GLEN CHILDRENS HOME

Entry Fees: \$15.00 (Before September 4) \$20.00 (On Saturday September 4)

Make checks / money orders payable to:

LONE STAR PACESETTERS P.O. BOX 3114 HARLINGEN, TEXAS 78550

For more information contact: Nancy Rodriguez 956-428-8779 after 6:30 P.M.

Name _____ Address _____ Phone _____

City _____ State _____ Zip _____ Age _____

Male _____ Female _____ Shirt Size: S M L XL 10K _____ 5K _____

Waiver Statement

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision made by a race official in the run. I assume all risks associated with running in the event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic, and the conditions of the roads, all such risks being known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release the Lone Star Pacesetters Running Club, The City of Harlingen, and all of its sponsors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE

DATE

(SIGNATURE OF PARENT IF UNDER 18)

DATE