

# 5<sup>TH</sup> ANNUAL LISA SHAMPOE

Memoriam 5k / 10k – 2 Mile Run / Walk

SPONSORED BY: First Class Medical Supply, New Life Adult Day Care & Helping Hands Provider Service

“PROCEEDS TO BENEFIT THE UNITED WAY”

**DATE:** Saturday, November 12<sup>th</sup>, 2011

**LOCATION:** Mission bike and hike trail (1mile SOUTH of Expressway 83 on Conway)

**START:** 10k begins @ 7:30 AM

5K begins @ 9:30 AM

2mile begins @ 10:00 AM

\*Register for both races at a discount rate!

**Pre: \$20.00      Race Day: \$25.00**

**COST:** Pre: \$12.00/race      **Race Day:** \$15.00/race

\*Students and Seniors (over 65) pay \$10.00 early and \$12.00 late

\*Make checks payable to “THE UNITED WAY OF SOUTH TEXAS”

\*T-Shirts: To first 100 Registrants

Awards will be given to the overall male and female winners as well as to the 1<sup>st</sup> through 3<sup>rd</sup> place winners in each male and female age divisions of the run category.

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<b>Age Groups:</b>	0-9	10-14	15-19	20-24	25-29	30-34
	35-39	40-44	45-49	50-54	55-59	60-64
	65-69	70+				

**Category:**      \_\_\_ 5k run/walk      \_\_\_ 10k run/walk      \_\_\_ 2mile run/walk

**Person (1) Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** MALE / FEMALE

**Address:** \_\_\_\_\_ **City/State/Zip:** \_\_\_\_\_

**Phone:** (    ) \_\_\_\_\_ - \_\_\_\_\_ **Email Address:** \_\_\_\_\_ **Shirt Size:** S – M – L – XL

**Person (2) Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** MALE / FEMALE

**Address:** \_\_\_\_\_ **City/State/Zip:** \_\_\_\_\_

**Phone:** (    ) \_\_\_\_\_ - \_\_\_\_\_ **Email Address:** \_\_\_\_\_ **Shirt Size:** S – M – L – XL

**WAIVER STATEMENT:** I WAIVE ANY AND ALL CLAIMS FOR MYSELF, MY ADMINISTRATOR, AND MY HEIRS AGAINST ALL OFFICIALS, SPONSORS AND ORGANIZATIONS, EXECUTORS OF THE STATE OF TEXAS, TEXAS HIGHWAY DEPARTMENT, COUNTY OF HIDALGO, CITY OF MISSION, THE TIMING OFFICIALS, NEW LIFE ADULT DAY CARE #4, CSL ENTERPRISES INC., AND ANY AND ALL VOLUNTEERS CONNECED WITH THE ANNUAL LISA SHAMPOE 10K / 2 MILE RUN AND 5K FUN WALK FOR INJURY OR ILLNESS WHICH IS DIRECTLY OR INDIRECTLY A RESULT FROM MY PARTICIPATION IN THIS EVENT. I ATTEST THAT I HAVE FULL KNOWLEDGE OF THE RISKS INVOLVED IN THIS EVENT AND I AM PHISICALLY FIT AND SUFFICIENTLY TRAINED TO PARTICIPATE IN THIS EVENT. IF I SHOULD SUFFER INJURIES OR ILLNESS, I AUTHORIZE OFFICIALS TO HAVE ME TRANSPORTED TO MEDICAL FACILITY AT MY OWN EXPENSE.

**SIGNATURE (1):** \_\_\_\_\_ **SIGNATURE (2):** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Date:** \_\_\_\_\_

If under 18 years of age, parent signature required.

“Great Tune-up Race for the International Friendship Run”

Come be part of this fun and competitive event where proceeds will be donated to the United Way.

Last year \$3,569.00 was donated to the United Way of South Texas. “We can make a difference!”

For more information, call Carlos Lugo at (956) 583-8222 or email at [clugo@fcmedicalsupply.com](mailto:clugo@fcmedicalsupply.com)

## We love sponsors!

## Volunteers are welcome 😊

Sponsor Fee- \$100.00 – Company logo/name will be placed on participants’ shirts.

\*Please provide company logo by November 1<sup>st</sup>, 2011

Make checks payable to “THE UNITED WAY OF SOUTH TEXAS”

2138 E GRIFFIN PARKWAY, MISSION, TX 78572

\*This year will be our 3<sup>rd</sup> year of giving the money raised to a local valley family. The United Way of South Texas 12 days of Christmas account is a separate account of the United Way who helps local families who are in need. Our local Monitor newspaper will list 12 families in the month of December. The Lisa Shampoe committee will decide which local family to help. The last three years we have helped people who have had or have cancer, since Lisa Shampoe herself passed away at age 40 from Cancer. Lisa Shampoe was a caring and giving person. We want to continue this tradition of helping people in need and giving back to our local community. Please help this event succeed by participating in the actual event, volunteering or by being a sponsor.

If under 18 years of age, parent signature required.