



Race Site - Harlingen Soccer Complex

4515 E. Harrison – just east of Ed Carey Dr.

January 28, 2012

7:30AM Little Sizzle (1 Mile Fun-Run) & 8:00AM 5K/10K Start

- 5K/10K Awards: Overall *Male/Female*, Masters *Male/Female (50+)*, Age Groups 1st/2nd/3rd *Male/Female* in: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, & 70 & up.
- All participants will receive a finisher's medal.
- T-Shirts: **Guaranteed to the first 500 registrants.**
- Packet Pick-Up at Expo: Valley Baptist Medical Center, East Tower Lobby - Harlingen, Friday 1/27 from 4:00PM to 6:00PM.
- Race Day Registration: From 6:30AM to 7:30AM.
- Rain or Shine: If lightning exists, race will take place on 1/29/12 at same location.
- Online Registration: www.active.com, www.valleybaptist.net, www.cadencesportsonline.com
- Team (5 Participants or More) with Most Creative T-Shirt Design to Win Prize!!!

Last Name _____ First Name _____ Gender M or F
 Address _____ City _____ State _____ Zip _____
 Date Of Birth _____ Age _____ Phone _____ T-Shirt: YL S M L XL XXL
 Email _____ If Student, Name of School _____
 If Valley Baptist Employee, Name of Team _____

<input type="checkbox"/> 5K Race	\$15 Early Registration (Entered Online or Post Marked by 1/13/12)	
<input type="checkbox"/> 10K Race	\$25 Entered Online or Postmarked 1/14/12 or later	\$ _____
	\$8 Registration for runners under 14 years of age	
<input type="checkbox"/> Little Sizzle (1 Mile Fun Run)	\$8 Registration	\$ _____

(FEES ARE NOT REFUNDABLE)

Checks Payable to: The Valley Baptist Legacy Foundation

Mail to: The Valley Baptist Legacy Foundation, 2121 Pease Street, Suite 507, Harlingen, TX 78550

Waiver must be signed with entry. I understand that participating in a road race is a potentially dangerous activity. I certify that I am physically fit, have sufficiently prepared or trained for participation in this event, and have not been advised to refrain from participating in physical activity by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this event. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video, event records, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and assigns. I further understand that the City of Harlingen is not a sponsor of this event and is harmless from any claims, suits, causes of action, and/or liability arising out of my participation in this event. I certify that I have read this document, and I fully understand its content. I am aware that this is a release of liability and a contract, and I sign it of my own free will.

Participant's Signature _____ Date _____

Signature of parent or guardian if under 18 years of age.

Tips for Running/Walking a 5K or 10K

1. Get organized, and make sure to get a good night's sleep the night before the race.
2. Eat a healthy and well-balanced breakfast.
3. Wear appropriate clothing and shoes.
4. Stretch before and after the run.
5. Stay hydrated.
6. Relax and have fun!

In order to prepare yourself for a 5K or 10K, you will need to train gradually over the next couple of months to reach your goal. Go to www.valleybaptist.net for an example of a weekly training plan.

Calling All Public/Private School Students Ages 14 and Under!!!

****Please join us for the South Texas Sizzler**
Saturday, January 28, 2012 at the Harlingen Soccer Complex
(See other side for details and registration!)**

The school with the most participants will receive a trophy!



1st, 2nd and 3rd place medals will be awarded to male and female runners and walkers in this age group.

GATHER YOUR FRIENDS AND HURRY TO THE RACE!!!