

# RGV STRIDERS

## TRAIL RUN!

### 5K Fun Run / Kids Mile

Race Starts at 7:30 am to beat the heat.

**Date:** Sunday September 18, 2011

**Location:** Mission Hike & Bike Trail ----

**Pre-Registration:** Sinai Lopez (Race Director)  
**Mail to:** 1313 N Bryan Blv.  
Alton, Texas 78573

**Race Day:** Registration starts at 6:00 A.M. @ Hike & Bike Trail  
Registration- Adults: \$10.00 – Students: \$5.00  
**Make checks payable to – RGV Heat Running Club**

**Race Schedule:** 7:30 Kids Mile Run: Elementary Division 6yrs to 11yrs old  
7:45 5K Run/Walk

**T-shirts:** To first 75 registrants.

**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place finishers in each Division

**Divisions:** 14U, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over  
Awards in both Men's & Women's division

For more information call 956.325.7314 or email [sinai.86@hotmail.com](mailto:sinai.86@hotmail.com)

**Name:** \_\_\_\_\_ **Sex:** M - F **Age:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_ **T-shirt size:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone #** \_\_\_\_\_

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I, the undersigned, do hereby agree to hold harmless the CITY OF MISSION PARKS & RECREATION, RGV Heat Running Club, RGV Striders and its agents, and employees, and all volunteers from any and all liability resulting from my participation.

Participants Signature: \_\_\_\_\_

Parent /Guardian Signature: \_\_\_\_\_