

DASH FOR DOWNS

5K & Kids Fun Run – May 10, 2014

Benefiting the Down Syndrome Foundation of South Texas

COURSE: 5K (3.1 mile) through historic downtown Yoakum, wind around the high school athletic facilities, and back to the Yoakum Shape Shop.

SCHEDULE OF EVENTS:

7:00 am – Check-in & Register

8:00 am – 5K Run/Walk

9:00 am – Kids Fun Run (ages 4-12)

9:30 am – Awards Ceremony

REGISTER BY MAIL:

Dash for Downs
c/o Yoakum Shape Shop
PO Box 307
Yoakum, TX 77995

For more information contact:

- DashForDowns@att.net or 361-293-9593
- Like us on Facebook: Dash for Downs
- additional entry forms can be downloaded at www.yoakumshapeshop.com

5K ENTRY FEE:

\$20 – Pre-registration (must be turned in by 4/25/14)

**All pre-registrants will be guaranteed a shirt*

\$25 – Registration fee after April 25th

**shirt availability will be limited on day of event*

KIDS FUN RUN ENTRY FEE:

\$10 – Pre-registration (before 4/25/14) & Late Registration. **shirt availability will be limited for late registrants.*

RACE CATEGORIES: 9-14, 15-20, 21-30, 31-40, 41-50, 50 & up

AWARDS: Top three male & female runners in each category.

SHIRT PICK-UP & REGISTRATION: May 9, 2014 from 12-6 pm at Yoakum Shape Shop

DASH FOR DOWNS 5K RUN/WALK & FUN RUN ENTRY FORM (detach bottom portion & return)

Last Name First Name

Address

City State Zip Code

Phone Email

Age (as of 4/25/14) Gender (M or F) Shirt Size YS, YM, S, M, L, XL, 2XL, 3XL

Registration Fee: \$20 (before 4/28/14)

\$25

\$10 Kids Fun Run

Honoree (no charge)

Checks Payable to
DASH FOR DOWNS

Participating in a road race is potentially hazardous activity and I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with participating in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release the Dash for Downs, all race volunteers, and all sponsors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons name in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. No refunds will be given. Event will be held rain or shine.

Signature

Date

Parent/Guardian Signature (if under 18)

Name & Number of Emergency Contact for Day of Event