13th Annual DASH FOR DOWNS

5K & Kids Fun Run – May 9, 2026

Benefiting the Down Syndrome Foundation of South Texas

COURSE: 5K (3.1 mile) starts and finishes at the Yoakum Shape Shop, winding through historic downtown Yoakum.

SCHEDULE OF EVENTS:
8:00 am - 5K Run/Walk
9:00 am - Kids Fun Run (ages 4-12)
9:30 am - Awards Ceremony

SHIRT PICK UP:
May 7th and 8th from 7 am-6 pm at the Yoakum Shape Shop.

ENTRY FEE:
5K - $20
Kids Fun Run - $10
Due by 4/18/26 to be guaranteed a shirt.

RACE CATEGORIES:
9-14, 15-20, 21-30, 31-40, 41-50, 51-60, 61 & up

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

FOR MORE INFORMATION CONTACT:

- 361-293-1840 (Kristy)
- Like us on Facebook: Dash for Downs
- Additional forms can be downloaded at www.yoakumshapeshop.com

REGISTER BY MAIL:
Dash for Downs c/o Yoakum Shape Shop
PO Box 307
Yoakum, TX 77995

Name:

Address:

Phone Number:

Participating in a road race is a potentially hazardous activity and I should not enter and participate unless I am medically 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 Dash for Downs and the Yoakum Shape Shop, 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 person's 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/Parent Signature if under 18: Date

T-SHIRT SIZE:

- ☐ Youth Small
- ☐ Youth Medium
- ☐ Youth Large
- ☐ Small
- ☐ Medium
- ☐ Large
- ☐ X-Large
- ☐ 2X-Large
- ☐ 3X-Large

REGISTRATION FEE:

- ☐ $25
- ☐ $15 Kids Fun Run
- ☐ Volunteer $10
- ☐ Honoree (no charge)

MAKE CHECKS PAYABLE TO DSFSTX

EMERGENCY CONTACT - Name & Phone Number