

10th Annual DASH FOR DOWNS

5K & Kids Fun Run - May 7, 2022

Benefiting the Down Syndrome Foundation of South Texas



COURSE: 5K (3.1 mile) starts at 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

REGISTER BY MAIL:

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

For more information contact:

- 361-293-1840
- Like us on Facebook: Dash for Downs
- additional entry forms can be downloaded at www.yoakumshapeshop.com

5K ENTRY FEE:

\$20 – Pre-registration (due by 4/15/22)

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

KIDS FUN RUN ENTRY FEE:

\$10 – Pre-registration (by 4/15/2022)

RACE CATEGORIES:

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

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

SHIRT PICK-UP: May 5th & 6th 7am - 6 pm
Yoakum Shape Shop

DASH FOR DOWNS 5K RUN/WALK & FUN RUN ENTRY FORM 202 (detach bottom portion & return)

Last Name

First Name

Address

City

State

Zip Code

Phone

Email

Age (as of 5/1/22)

Gender (M or F)

Shirt Size: XS, YW, S, M, L, XL, 2XL, 3XL

Participating in a road race is a 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)

Date

Registration Fee: \$20

\$10 Kids Fun Run

Volunteer (\$10)

Honoree (no charge)

Checks Payable to
DSFSTX

Name & Number of Emergency Contact
for Day of Event *REQUIRED*