

# 5K -3K FUN RUNIWALK



Join the Calallen Lady Cat Cross Country Team for a back to school Fun run/walk. There will unique awards and souvenirs. Proceeds will benefit the Calallen Lady Cat Cross Country team.

**Date:** August 1, 2009

**Time:** 7:00 SHARP!

**Location:** West Guth Park

**Awards:** T-shirts to all who participate

Medals to overall masters male and female as well as the top 3 male and female finishers in 12 age groups (5 years increments starting with the 13 and under to the 70 and over).

**Entry fee:** \$15.00 early registration **(before July 27th)**

\$20.00 late and race day registration

**Make check payable to: CHS- Cross Country**

**Registration:** Fill out the registration form at the bottom of this page along with your money and return it to:

**Calallen High School**

**ATT: Amber Shaw**

**4001 Wildcat Dr.**

**Corpus Christi, TX 78410**

## **Packet Pick up:**

Packets will be available for you to pick up Friday, July 31<sup>st</sup> at Calallen High School: In the A gym. 1-7pm or Race day at the Registration table 6-6:30am.

Contact: Amber Shaw 575-749-2675

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ T-Shirt Size: S M L XL

Waiver: This is a hot and humid run and only knowledgeable conditioned runners should enter. I accept all and full responsibility for any injury or accident to myself. I hereby release from all responsibility of liability sponsor, officials, and volunteers of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/guardian must sign if participant is under 18 years old)