



# THE FOREST HILL LIONS CLUB

## 5K Run/Walk & 1 Mile Walk-a-Thon

Forest Hill, Texas

May 12, 2012

### STARTING TIMES

1Mile Walk-a-Thon..... 8:00 am

5K Run/Walk ..... 8:30 am

RACE DAY REGISTRATION BEGINS AT 7:00 am AT RACE SITE (Forest Hill City Hall)

3219 California Parkway Forest Hill, TX 76119

### COST

5K Run/Walk & 1 Mile Walk-a-Thon (By May 1<sup>st</sup>) \$18

5K Run/Walk & 1 Mile Walk-a-thon (By May 11<sup>th</sup>) \$20

5K Run/Walk & 1 Mile Walk-a-Thon (On Race Day) \$25

T-Shirts will be guaranteed to ALL Pre-Registered participants

### REGISTRATION

Register Now ON-LINE By: May 10, 2012  
www.athlete360.com

Register by Mail: Postmarked By May 5, 2012  
Forest Hill Lions Club  
PO BOX  
Fort Worth, TX 76119

### AWARDS

Awards are awarded three deep in each age group for the 5K Run/Walk

GIFT CERTIFICATE to Overall Male & Female

GIFT CERTIFICATE to Overall Master Male & Female

### MALE and FEMALE

Runners 12 & Under; 13-19; 20-29; 30-39; 40-49; 50-59; 60 & Over

RESULTS WILL BE TABULATED BY COX RACING SERVICES

### MISSION

OUR EVENT IS A FUNDRAISER FOR COMMUNITY OUTREACH PROGRAMS OF THE FOREST HILL LIONS CLUB

Celebrate with your kids or running family, come to run or walk, and stay for the fun!

### FEATURES

- FAST, FLAT, 4 TURN COURSE
- AWARDS 3 DEEP IN 10 YEAR AGE BRACKETS
- SOFT DRINKS AND OTHER REFRESHMENTS

- CAR SHOW
- FOOD
- RANDOM DOOR PRIZES

FOR MORE INFORMATION: Call 817-266-1633 or email ray.logan@sbcglobal.net

MAKE CHECKS PAYABLE TO: FOREST HILL LION CLUB

MAIL IN ENTRY FORMS TO: Forest Hill Lions Club

PO BOX

Fort Worth, TX 76119

I know that running or walking a road race is a potentially dangerous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of Race Official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking in the event including, but not limited to, falls, contact with other participants, the effects of the weather including heat and/or humidity, traffic and conditions of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf waive and release Cox Racing Services, Forest Hill Lions Club, The City of Forest Hill, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purpose. Race will be held regardless of the weather conditions. Registration is final, no refunds.

Name (PRINT) \_\_\_\_\_ Age \_\_\_\_\_ Email \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_\_ /2012 PHONE ( \_\_\_\_\_ ) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CIRCLE WHICH DISTANCE: 5K Run/Walk 1 Mile Fun Run/Walk CIRCLE T-SHIRT SIZE: 2XL XL L M S