



2010 Shannon Medical Center Trail Running Series

Trail Race 1- 10K / 5K

Level — Easy Course
Saturday, January 23
Middle Concho Park

Trail Race 2 - 12K / 5K

Moderate — Hilly Course
Saturday, February 6
Middle Concho Park

Trail Race 3 - 15K / 5K

Moderate — Hilly Course
Saturday, February 20
San Angelo State Park

- Mail-in or Online pre-registration available
- Race day registration begins at 7AM
- Race START at 8AM regardless of rain, shine, wind, snow or water!

Sign up for a 3-race series & get a FREE T-shirt!

2010 SARL Members, Sign up for 3-race long course series to receive an \$8 discount!

Cost

- 2010 SARL Member: \$8
- Non-Member Fee: \$10
- ASU Students/members: \$5
- Each 5K: \$5

Long Course Scoring

Long courses: 10K, 12K & 15K races

Each race: Top 3 Female/Male awards

Series: Female and Male Overall, and top 3 by age division: 15-29, 30-39, 40-49, 50-59, 60+

Awards **based on results for three races** based on overall finishing order in each race, ex. 1st = 1 point & 5th = 5 points.

“Did not Start” or “Did not Finish” in a race receives 1 point more than last overall finisher.

Short Course Scoring

Short courses: 5K races at each run

Same scoring as long course, based on 5K results



REGISTER Online at:

<https://event-manager.compete-at.com/Manager/club/home.do?clubcntxt=sanangeloroadlizards>

OR

MAIL-IN REGISTRATION AVAILABLE ON NEXT PAGE

Questions? Contact:

Mike Buck at 325-812-1561, or
Ruthie Kreuzer at 325-212-9361,
or email:
sanangeloroadlizards@gmail.com



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Mail-in Registration

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PRIZES

Top 3 M/F certificates each race &
10/12/15K series winners
5K series winners
on 20 Feb
(Overall, ASU & Age Div)

Check one box/circle that applies

- Long Course Race #1 - 10K run, non-SARL member
- Long Course Race #1 - 10K run for ASU student/faculty or Staff
- Long Course Race #1 - 10K run for 2010 SARL member
- Short Course 5K Race #1

Price

\$10
\$5
\$8
\$5

Series registration (free T-Shirt)

- Long Course 3-race (10/12/15K) Series for non-SARL members
- Long Course 3-race (10/12/15K) Series for ASU student/faculty/staff
- Long Course 3-race (10/12/15K) Series for 2010 SARL member
- Short Course 3-race (5K) Series

\$30
\$15
\$22
\$15

..... Add additional a T-Shirt(s) for \$15 each

\$15

Mail form and entry fee to:

San Angelo Road Lizards
PO Box 2851
San Angelo, TX 76902

Questions? Contact:

Mike Buck at 325-812-1561, or
Ruthie Kreuzer at 325-212-9361, or
email: sanangeloroadlizards@gmail.com

SEX: M or F

AGE: _____

(on January 23, 2010)

ASU
Student/
Faculty/Staff:

Yes or No

Amount Enclosed: _____

T-shirt Size: S M L XL

Name _____

Address _____

Phone _____

Emergency Contact Name and Number _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, effects of the weather (including heat and humidity), traffic and road conditions, and all other known risks by me. Having this waiver and knowing these facts on my behalf, waive and release the San Angelo Road Lizards, City of San Angelo, RRCA, race officials, volunteers, and all sponsors, their representatives and successors, from all claims and liabilities of any kind arising out of my participation in this event.

NOTE: All participants will be required to sign a Release of Liability waiver before competing in the event.

Signature _____

Date _____

Signature of Parent or Guardian if Participant is Under 18 _____

Date _____

