



FLEET FEET Sports

SUNRISE 10K



August 22, 2009 | 7:30am

Alamo Heights Swimming Pool | 250 Viesca, San Antonio, TX

VENUE

Start-Finish and postrace activities at Alamo Heights Swimming Pool. The race course in Alamo Heights presents a challenging hilly course.

NEW FOR 2009

Mizuno "DryScience" technical shirt. Chip Time by IAAP with split



AWARDS

No duplicate awards. Three in each age group in five-year increments 14 and under to 70+ (**age group awards will be based on chip time**).

WALK-IN EARLY REGISTRATION

Through Wednesday, Aug. 19. Fleet Feet Sports, Roger Soler's Sports, Run Gear Run, Run Wild Sports.

RACE-DAY REGISTRATION

6:15 am to 7:15 am at race site.

PACKET PICK-UP

Fleet Feet Sports San Antonio: Thursday-Friday, Aug 20 & 21 12 pm - 7 pm.

REGISTER ONLINE

www.alamoseries.com

For information contact: info@fleetfeetsanantonio.com

Name _____ Last Name _____ Gender M F

Date of Birth ____/____/____ Age on Race Day _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____ T-shirt size S M L XL XXL

Early Fees - \$25 (until the day before the race); \$35 (race day) \$ _____
NO REFUNDS

WAIVER - I know that running a road race is a potentially hazardous activity that could cause injury or death I should not enter unless I am medically able and properly trained, and by my signature(s), I certify that I am medically able to perform this event, am in good health, and am properly trained agree to abide by any decision of race official relative to any aspect of my participation in this event~ including the right of any official to deny or suspend my participation, Alit any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboard; baby joggers, roller skates, or blades, animals, and radio headsets are not allowed in the race, and I will abide by this guideline. 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 Fleet Feet San Antonio, Iniguez Athletic Advertising & Promotions (IAAP), The Alamo Series, the City of Alamo Heights, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

MAKE CHECKS PAYABLE TO
Fleet Feet Sports

MAIL TO
Fleet Feet Sports
6408 N. New Braunfels
San Antonio, TX 78209
Must be postmarked by Monday, Aug. 17

Official race of the Alamo Series



AlamoSeries.com

Signature _____ Date _____

(Parent signature if under 18)