



# Fernando A. Salinas Teens in the Driver Seat VMT 5K Run/Walk March 7, 2010



**Race Contact Person:** Estela Quintanilla 820 Main St. Laredo, TX 78040 **Phone:** (956)795-3325 or (956)744-0083

**Start/Finish:** Saint Peters Plaza 1702 Houston St Laredo, TX

**On-site Registration:** 6:30 am thru 8:00 am **Start of Race:** 1/2 Mile Run 8:15 am 5k Run/Walk 8:30 am

**Pre-Registration Fee:** \$15.00 **Day of Race:** \$20.00 **High School Students:** \$10.00 **Children 10 & under :** \$5.00

**Awards:** Trophies will be awarded to the top 3 male & female finishers in each category. Teams with the most participants win a team trophy.

### Men's & Women's Categories

- 10 and under ( 1/2 mile run )
- 14 and under
- 15 thru 19
- 20 thru 29
- 30 thru 39
- 40 thru 49
- 50 and over

### Team Categories

- High School:** Name \_\_\_\_\_  
( teams of 10 )
- Club or Law Enforcement Agency:** Name \_\_\_\_\_  
( teams of 10 )

CHECK EVENT YOU WILL PARTICIPATE IN:  5k Run  1/2 Mile Run  1 mile Walk  1 mile Run (10 & under)

*One entry form per participant - Incomplete forms will be returned.*

Shirt Size (Check one):  Sm  Med  Large  Ex. Large

Name: \_\_\_\_\_ (Please print name) DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Time Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ E-Mail Address: \_\_\_\_\_ (Optional)

**Waiver:** I, the undersigned, assume full and complete responsibility for any injuries suffered while traveling to and from the starting point and ending point of the Fernando Salinas VMT 5K Run & Walk while participating in the said event. I certify that I have no physical, mental, or any other ailments or conditions that would prevent me from participating in this competition. I waive and release Fernando Salinas, Laredo ISD, Zapata Roadrunners, County of Webb, representatives of said organizations, race officials and paid and unpaid race workers, and the organizations they represent from any criminal and civil liabilities and /or lawsuits, damages and attorneys' fees.

Runner's Signature/Firma de participante: \_\_\_\_\_

Parent/Guardian (if runner is under 18): \_\_\_\_\_