



AMERICAN SUNRISE 5K RUN/WALK & 1-MILE WALK

March 6, 2010

7:30 am - 5K Run/Walk | 8:30 am - 1-Mile Walk

Our Lady of the Lake University | San Antonio, TX

AWARDS

5K event only. No duplicate awards. Three awards per age group. Age groups in 5-year increments; 14 and under to 70+.

SPECIAL AWARDS

- Henry G. Cisneros: "The Living Healthy Award"
- Mayor Julian Castro: "The Mayor's Healthy Family Award"
- Sheryl Sculley: "The Time Manager's Run Award"
- Judge Nelson Wolff: "The Fast Walking Judge Award"
- Bill Sinkin: "The Ageless Physical Award"

RACE-DAY REGISTRATION

6:00 am - 8:15 am at race site.

PACKET PICK-UP

6:00 am - 8:15 am at race site.

REGISTRATION ONLINE

www.active.com or www.iaapweb.com



Contact: Crystal Castillo - 210.228.9693, Email: projectcoordinator@americansunrise.org

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

5K run/walk _____ 1-Mile walk _____

Early Fee - \$20 (until the day before the race); \$25 (race day) \$ _____

1-Mile Walk (not timed): \$10 (There is no late fee in the 1-Mile Walk) \$ _____

NO REFUNDS

Total \$ _____

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 American Sunrise Communities, Our Lady of the Lake University, Iniguez Athletic Advertising & Promotions (IAAP), the City of San Antonio, 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
American Sunrise**

**MAIL TO
American Sunrise
454 Soledad, Ste. 300
San Antonio, TX 78205**

Signature _____ Date _____

(Parent signature if under 18)