



**October 23, 2010 • 7:30 am**  
**Schanen Estates Park**  
**5930 Otoole Dr**  
**Corpus Christi, TX 78413**

**VENUE**  
V Fit Movement 5K Run/Walk  
Schanen Estates Park  
5930 Otoole Dr  
Corpus Christi, TX 78413

**WALK-IN EARLY REGISTRATION**  
At the V Fit Training Center  
  
**RACE-DAY REGISTRATION**  
6:00 am to 7:00 am at race site

**REGISTER ONLINE**  
[www.iaapweb.com](http://www.iaapweb.com)  
  
**MAKE CHECKS PAYABLE TO**  
V Fit Movement 5K

**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)**

**PACKET PICK-UP**  
Friday, October 22, 2010  
10:00 am - 6:00 pm  
V Fit Training Center:  
2001 S. Staples,  
Mid-town Plaza, Suite 202  
Corpus Christi, TX 78404

**MAIL TO**  
V Fit Training Center:  
2001 S. Staples,  
Mid-Town Plaza, Suite 202  
Corpus Christi, TX 78404

**For information contact V Fit Training Center: 361-452-0762**

Name \_\_\_\_\_ Last Name \_\_\_\_\_ Gender M  F   
Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_ T-shirt size XS  S  M  L  XL  XXL

Early Fees - \$20 (until the day before the race); \$25 (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 V Fit Training Center, Iniguez Athletic Advertising & Promotions (IAAP), City of Corpus Christi, Corpus Christi Parks and Recreation and West Guth Park 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
*(Parent signature if under 18)*