

# 16<sup>th</sup> ANNUAL

# LABOR DAY RACE 15K RRCA Southern Region Championships



## LOCATION

Luke's Locker at Montgomery Plaza,  
2600 West 7th Street, Fort Worth

## EVENT SCHEDULE

Monday, September 5, 2011

6:00 a.m. – Registration and packet pick-up  
7:15 a.m. – Kids' 1K  
7:30 a.m. – 15K/ 5K Run/Walk  
9:30 a.m. – Awards Ceremony begins

## 15K AND 5K COURSES

USATF certified

## KIDS' 1K FUN RUN

Trophies will be awarded to all registered participants. Parents are invited to cheer, coach, and run with their kids.

## REGISTRATION

Make check payable to **FWRC**.

**Credit cards accepted for online registration only.**

**Online:** [labordayrun.athlete360.com](http://labordayrun.athlete360.com)  
through Wednesday, August 31<sup>st</sup>

**By mail:** Send registration form and check to:  
Fort Worth Runners Club  
5017 Rancho Verde Parkway  
Crowley, TX 76036  
Must be Post-Marked by  
Monday, August 29<sup>th</sup>

**Walk-in:** Luke's Locker  
Montgomery Plaza  
2600 West 7th Street  
Fort Worth, TX 76107

**Race Day:** Begins at 6 a.m. at the race site

## RACE SHIRTS

The first 1500 registrants will receive technical shirts. All other registrants will receive a race t-shirt. **Sizes are not guaranteed.**

All Kids 1K registrants will receive cotton t-shirts.

## ENTRY FEE

Kids 1K Fun Run .....\$5.00  
FWRC Members through 8/31 .....\$30(15K) / \$20(5K)  
Non-Members through 8/31 .....\$33(15K) / \$23(5K)  
FWRC Members after 8/31 .....\$33(15K) / \$23(5K)  
Non-Members after 8/31 .....\$35(15K) / \$25(5K)

## Race-Day registration:

(Members and Non-members) .....\$40(15K) / \$30(5K)

## PACKET PICK-UP

### Luke's Locker

Montgomery Plaza, 2600 West 7th Street  
Fort Worth, TX 76107

817-877-1448

Friday, Sept. 2 through Sunday, Sept. 4

Friday 10:00 a.m. - 7:00 p.m.

Saturday 9:00 a.m. - 6:00 p.m.

Sunday 12:00 p.m. - 5:00 p.m.

## TIMING

Chrono Track D-Tag provided by RunFAR



## AWARDS

Trophies will be awarded to the overall male/female, the overall master's male/female, the overall grandmaster's male/female, the overall senior master's male/female and the top three finishers in each age group.

**5K Run Awards:** 5 and up through age 89+.

**5K Walk Awards:** First 3 male and female walkers only.

**15K Awards:** 14 and under through 89+.

## POST RACE PARTY

Celebrate Labor Day with hot dogs, bagels, soft drinks and great dance music. Fun activities and a bounce house for the kids! Hundreds of dollars in door prizes will be given away!

## CONTACT INFORMATION

Elizabeth Mendiola, [runfar@att.net](mailto:runfar@att.net)

## VOLUNTEER INFORMATION

Lori Shea, [lorirun26.2@att.net](mailto:lorirun26.2@att.net)

## REGISTRATION

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender (circle one): MALE FEMALE

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Event (circle one): Kids 1K Fun Run 5K Run 5K Walk 15K Run

Shirt Size (circle one): Women's Sm Med Lg XL  
Men's Sm Med Lg XL XXL

Packet Pick-up Location (circle one): Luke's Ft. Worth Race Site Please accept my tax-deductible donation of \_\_\_\_\_ to help support FWRC.

**WAIVER:** "I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk 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 or walk. I assume all risks associated with running or walking 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 conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of my accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Fort Worth Runners Club, RunFar Racing Services, the City of Fort Worth, 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. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Race will be held regardless of the weather conditions. Registration is final, no refunds."

Signature (parent or guardian if under 18 years): \_\_\_\_\_ Date: \_\_\_\_\_

Make checks payable to **FWRC**. Check No. \_\_\_\_\_ Amount \_\_\_\_\_