

JOIN THE DENTON COUNTY HEALTH DEPARTMENT AT OUR 3RD ANNUAL 5K /1M FUN RUN /WALK!



GET UP, GET OUT AND GET ACTIVE



A FREE EVENT FOR THE ENTIRE COMMUNITY.

**WHETHER YOU'VE BEEN RUNNING FOR YEARS OR ARE JUST GETTING STARTED.
COME AND TAKE THE FIRST STEP WITH US!**

DATE: SATURDAY, APRIL 24, 2010

LOCATION: SOUTH LAKES EUREKA PARK-DENTON, TEXAS

RACE BEGINS: 8:00AM

TO REGISTER: CALL BETSY HAGGARD: 940.349.2922 OR

EMAIL: BETSY.HAGGARD@DENTONCOUNTY.COM

FREE T-SHIRTS ON A FIRST COME, FIRST SERVE BASIS

PRIZES WILL BE AWARDED IN THE FOLLOWING 5K CATEGORIES:

CHILDREN UNDER 10 * TEENS 11 - 18 * ADULT MEN * ADULT WOMEN

**PACKET PICKUP AT DENTON COUNTY HEALTH DEPARTMENT
306 NORTH LOOP 288, SUITE 137; DENTON, TEXAS 76209
THURSDAY, APRIL 22 FROM 8:00A.M. TO 8:00P.M
FRIDAY, APRIL 23 FROM 8:00AM-5:00P.M.**

SPONSORED BY:



PLEASE BRING THIS FORM WITH YOU WHEN YOU PICK UP YOUR PACKET OR TO REGISTER ON RACE DAY.

ENTRY FORM FOR FIRST STEP 1M & 5K

NAME: _____

E-MAIL: _____

ADDRESS: _____

CITY /STATE /ZIP: _____

PHONE: _____

FEMALE: _____ **MALE:** _____ **1M:** _____ **5K:** _____

AGE ON RACE DAY: _____

BIRTHDAY: _____

HOW DID YOU HEAR ABOUT US? _____

T-SHIRT SIZE: (PLEASE CIRCLE ONE)

- YOUTH SMALL
- YOUTH MEDIUM
- YOUTH LARGE
- ADULT SMALL
- ADULT MEDIUM
- ADULT LARGE
- ADULT X-LARGE
- ADULT 2X-LARGE
- ADULT 3X-LARGE

Waiver of Claim

(MUST be submitted to participate)

In the consideration of acceptance of this entry I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participating in the race, or while I am on the premises or en route to or from this event. I hereby release and hold harmless Denton County Health Department, Denton County, and all sponsors, promoters and all other persons and entities associated with this event from any and all injury or damage whether it is caused by negligence of the sponsor or promoters or to other persons or entities associated with this event. Further, I grant full permission to use my photograph, video or recording of this event for any legitimate purposes:

Signature of participant or parent/guardian if under 18 years of age

Date

