

6th Annual Katy Sunrise Rotary Run

5K Run and 1-Mile Family
Walk, Stroll & Roll
Saturday, May 23, 2009

STARTING TIMES

Race Day Registration: 7:00 a.m. – 8:30 a.m.

Pre-Reg. Packet Pickup: 7:00 a.m. – 8:30 a.m.

1 Mile Walk: 8:00 a.m.

USATF Certified 5K Run (Chip timed): 8:30 a.m.

Events will run, rain or shine.

RACE DAY DETAILS

DIRECTIONS:

LaCenterra is located in Katy, Texas along Grand Parkway/99 south of US Interstate Highway 10.

Directions from I-10

On I-10, exit 743 - TX-99/Grand Parkway. Travel south on TX-99/Grand Parkway South. Take Cinco Ranch Blvd. exit and turn right. LaCenterra will be on the left – directly across from Cinco Ranch High School.

Directions from the east via Westpark Tollway

Travel west on the Westpark Tollway, exit right onto TX-99/Grand Parkway North. Travel on TX-99/Grand Parkway North to Cinco Ranch Blvd. Exit Cinco Ranch Blvd. and turn left. LaCenterra will be on the left – directly across from Cinco Ranch High School.

AWARDS & PRIZES

Race awards & door prizes will be announced and distributed following the 5K race

5K Run: Awards to overall male and female finisher

Awards to first three male and female finishers in the following age groups: 0-8; 9-11; 12-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over

Family to Family Network

Katy Sunrise Rotary is proud to support the Family to Family Network! The Mission of Family to Family Network is to help families of children with disabilities by providing information, training, referral and support. Find out more about how you can support the Family to Family Network at www.familytofamilynetwork.org.



LaCenterra
at Cinco Ranch

Benefiting
Family to Family
Network

Katy Sunrise Rotary

Sponsored by



Visit us at www.katysunriserotaryrun.com

REGISTRATION

**** Waiver below must be signed ****

USATF Certified 5K Run: \$25 (\$30/\$25 HARRA member on race day) 1 Mile Walk: \$10

AGE (As of 5/23/09) REQUIRED: _____ Gender: _____ Female _____ Male

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

E-Mail _____

T-shirt Size: Youth S M L
 Adult S M L XL

WAIVER

Must be Signed

In consideration of the acceptance of my entry, my executors, administrators, and assignees do hereby release and discharge the Katy Sunrise Rotary Club, sponsors, organizers, LaCenterra at Cinco Ranch, race officials and members of all claims and damages, demand and action whatsoever in any manner incurred by my participation in the 5K Race and/or 1 Mile Events on May 23, 2009. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in the event, I also release the use of my name or any record of my participation in this event for promotional or publicity purposes without remuneration or obligation to me.

Signature _____ Date _____

Parent/Guardian Signature _____
(Parent /Guardian Signature needed if under 18)

INFORMATION

3 ways to register:

1. Online at www.SignMeUp.com
2. Visit Luke's Locker and register
3. Mail this form to the address below

Registration Procedures:

Pre-registration fee is \$25.00 and must be received by Wednesday, May 20, 2009, if mailed. Online registration at www.SignMeUp.com is open through 5pm, Friday, May 22, 2009 as is in-store registration at Luke's Locker.

Make check payable to: Katy Sunrise Rotary Club

Mail check and this entry form to: Katy Sunrise Rotary Club, P.O. Box 391, Katy, TX 77494

You will receive a receipt immediately for online registrations. Your cancelled check will be your receipt if by mail. On Saturday, May 23rd, the fee will be \$30.00. There will be race day registration from 7:00 a.m. to 8:30 a.m. Registration forms may be machine copied. We reserve the right to reject any entry.

Liquids & Refreshments: Available at the start/finish line and two points along the course provided by HEB Grocery Company.

Packet Pickup: Race packets can be picked up on 5/21 -22 at Luke's Locker from 4:00 - 7:00 p.m.

T-shirt: Guaranteed for pre-registered runners and walkers. For "Day of", best advice is to arrive early!