

# 6th Annual Katy Sunrise Rotary Run

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

## STARTING TIMES

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

Pre-Reg. Packet Pickup: 7:30 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 the west

Travel I-10 east, exit 743 - TX-99/Grand Parkway. Stay straight and make a right turn onto 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

Travel I-10 west, take exit 743 - TX-99/Grand Parkway. Stay straight and make a left turn onto TX-99/ Grand Parkway. 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:** Trophies to overall male and female finisher

Medals 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



Visit us at [www.katysunriserotaryrun.com](http://www.katysunriserotaryrun.com)

# REGISTRATION

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

USATF Certified 5K Run: \$25      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](http://www.SignMeUp.com)
2. Visit Luke's Locker and register
3. Mail this form to the address below

### Registration Procedures:

Pre-registration fee is \$20.00 and must be received by Wednesday, May 20, 2009, if mailed. Online registration at [www.SignMeUp.com](http://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 \$25.00. There will be race day registration from 7:30 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.

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