

# 3 Strides for Sarah

A 5k run / 1 mile walk  
Benefiting the National Marfan Foundation

## SATURDAY, OCTOBER 22, 2011

McAllister Park Pavillion 2 (By soccer fields)

8am Walk start

8:05am 5K Start



**Get Shirts to the first 300 Participants**



[www.stridesforsarah.com](http://www.stridesforsarah.com)

**5k Awards:** Overall 1st place male and female, top 3 (male and female) in each age group of 13 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65+ *no duplication of awards*

**Results:** Results for overall winners will be based on gun time and age group results will be based on chip time. Chip timing provided by laap.

**Packet Pick-up:** Roger Soler's Sports (2589 Jackson Keller Road), Thursday, October 20 from 2pm-7pm

**Registration:** All Roger Soler Locations (through October 18), [www.iaapweb.com](http://www.iaapweb.com) or US Mail (address below)

**Children:** Children 5 and under are free with signed registration (optional shirt available for purchase for first 25 kid:

100% proceeds benefiting the



National Marfan Foundation

by providing medical scholarships for affected children

learn more at [www.marfan.org](http://www.marfan.org)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Gender: M  F  DOB: \_\_\_ / \_\_\_ / \_\_\_

Age on race day: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_

State & Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

_____ 1 mile walk (\$20 until packet pick-up/\$25 on race day)	_____	\$
_____ 5k race (\$25 until packet pick-up/\$35 on race day)	_____	\$
_____ Child age 6-12, 5k or 1 mile (\$10 until packet pick-up/\$15 on race day)	_____	\$
_____ Child age 5 and under optional cotton shirt (\$10 until packet pick-up/\$15 on race day)	_____	\$
_____ Additional Donation	_____	\$

**No Refunds | Make Checks Payable to the National Marfan Foundation**

**Mail forms & checks (payable to National Marfan Foundation) to 3 Strides for Sarah c/o Rachel Epperson 23035 Cardigan Chase SA, TX 78260**

Mens Shirt S  M  L  XL  XXL  **ALL ADULT SIZES ARE TECHNICAL SHIRTS**  
 Womens Shirt S  M  L  XL  XXL   
 Kids Shirt S  M  L  **KIDS SHIRTS ARE COTTON**

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I (and/or my child, if I am signing as a parent or guardian) am medically able to perform this event, am in good health, and am properly trained. I (and/or my child if I am signing as a parent or guardian) agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation, for 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, skateboards, baby joggers, roller skates or roller blades, animals, and radio headsets are not allowed in the race, and I (and/or my child if I am signing as a parent or guardian) will abide by this guideline and any other guidelines published by The City of San Antonio and the National Marfan Foundation. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I (and/or my child if I am signing as a parent or guardian), for myself and anyone entitled to act on my (our) behalf(s), waive and release the National Marfan Foundation, the City of San Antonio, McAllister Park, and all sponsors and promoters, their representatives and successors from all claims or liabilities of any kind arising out of my (or my child's if I am signing as a parent or guardian) 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 of the foregoing to use any photographs, motion pictures, recording, or any record of this event for any legitimate purpose. I have read this agreement carefully, and understand it, and I certify my agreement by my signature below.

Signature \_\_\_\_\_

Date: \_\_\_\_\_

(Parent or Legal Guardian signature if under 18)