



Lone Star Runners Club
2-9-2 Duathlon 9:30am
9 Mile Trail Run 10:00am
Saturday, May 1st 2010

Juniper Campground, Palo Duro Canyon
 Park Gates Open @ 8:00 A. M. \$2.00 Entry into Park
Free Burgers served after the race

Entry Fees: \$20.00 Members and Students, \$25.00 Non-Members
 Two person Du Teams: \$35.00 (first place award only)
 Race day entry, add \$5.00 all categories
 Awards: 1st, 2nd, 3rd Overall and Masters

The North Face T Shirts to first 100 entrants, sizes first entered first served

Name: _____ Date of Birth: _____

Address: _____ City _____ State _____ Zip _____

Male/Female Email: _____ Phone _____

LSRC Member: Y/N Shirt Size: S M L XL Category: Du Run

In consideration of the acceptance of this entry form, I hereby release Lone Star Runners Club, its officers, directors, agents, representatives, volunteers, sponsors and all other persons or entities associated with Lone Star Runners Club Trail Run and Duathlon from liability for any injuries received by me during participation in this sporting event. I recognize that participation in the Lone Star Runners Club Trail Run or Duathlon exposes me to risks including, but not limited to running/cycling injury. I HEREBY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY ATTENDANCE AT OR PARTICIPATION IN THIS EVENT. In the event of cancellation, please consider my registration fee a donation to LSRC.

 Signature (Parent's signature for entrant under 18)

 Date

Please make checks payable to: Lone Star Runners Club
 Mail entry form and fee to:

Kevin McClish - Race Director - 359-9354
 6213 Dartmouth
 Amarillo, TX 79109

Pre-Race Packet Pickup at

Get Fit

2311 S Georgia, Amarillo, TX
 Friday April 30, 2010 Noon to 6pm