

# DASH FOR DOWNS

7<sup>th</sup> Annual!

## 5k & KIDS FUN RUN – May 13, 2017

Benefiting the Down Syndrome Foundation of South Texas

**COURSE:** 5K (3.1 mile) starts at Yoakum Shape Shop, winding through historic downtown Yoakum.

**SCHEDULE OF EVENTS:**

8:00 am – 5K Run/Walk

9:00 am – Kids Fun Run (ages 4-12)

9:30 am – Awards Ceremony

**REGISTER BY MAIL:**

Dash for Downs c/o Yoakum Shape Shop  
PO Box 307  
Yoakum, TX 77995

**For more information contact:**

- DashForDowns@att.net or 361-293-9593
- Like us on Facebook: Dash for Downs
- additional entry forms can be downloaded at [www.yoakumshapeshop.com](http://www.yoakumshapeshop.com)

**5K ENTRY FEE:**

\$20 – Pre-registration (must be turned in by 4/25/17)

*\*All pre-registrants will be guaranteed a shirt*

\$25 – Registration fee after April 25th

*\*pre-registration guarantees an event shirt*

**KIDS FUN RUN ENTRY FEE:**

\$10 – Pre-registration (before 4/25/17)

*\*shirt availability will be limited for late registrants.*

**RACE CATEGORIES:**

9-14, 15-20, 21-30, 31-40, 41-50, 50 & up

**AWARDS:** Top three male & female runners in each category.

**SHIRT PICK-UP:** May 11<sup>th</sup> & 12<sup>th</sup> 7am - 6 pm  
Yoakum Shape Shop

**DASH FOR DOWNS 5K RUN/WALK & FUN RUN ENTRY FORM 2017** (detach bottom portion & return)

\_\_\_\_\_  
Last Name First Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip Code

\_\_\_\_\_  
Phone Email

\_\_\_\_\_  
Age (as of 4/25/17) Gender (M or F) Shirt Size YS, YM, S, M, L, XL, 2XL, 3XL

- Registration Fee:**  \$20 (before 4/25/17)  
 \$25  
 \$10 Kids Fun Run  
 Honoree (no charge)

Checks Payable to  
DASH FOR DOWNS

Participating in a road race is a potentially hazardous activity, and I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with participating in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release the Dash for Downs, all race volunteers, and all sponsors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons name in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. No refunds will be given. Event will be held rain or shine.

\_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Parent/Guardian Signature (if under 18) Date

**Name & Number of Emergency Contact  
for Day of Event \*REQUIRED\***