



**The Best Dam Run in Texas**  
**5K Run**  
**Saturday, May 9, 2015**



**Location:** Lake Waco Dam

From Lakeshore Drive turn onto Airport Road. Airport Road becomes Karl May after crossing Steinbeck Bend. Veer left on Skeet Eason Road. Follow the signs to parking and registration.

**Early Packet Pickup:** Friday, May 8 from 4-6 pm at Downtown 301 Event Center, 301 S 2<sup>nd</sup> St., Waco, TX

**Race Day Schedule:**

- 7:00 – 7:45 a.m. Registration and packet pickup
- 8:00 a.m. 5K Run Start
- 9:00 a.m. Awards Presentation

**Awards:** Medals for overall male and female and first 3 male and female finishers in 5 yr. age categories from 14 and under to 65 and over.

All registered runners will receive a T-shirt. Size and availability are not guaranteed after 4/28/2015

<b>Registration Fees:</b>	(check one)
Early	\$22 _____
After 4/28/2015	\$25 _____
Race Day	\$30 _____

Make checks payable to **Waco Striders** and mail to PO Box 21715, Waco, TX 76702-1715. Must be postmarked by 4/28/2015 for early registration.

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

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day: \_\_\_\_\_ Male: \_\_\_\_ Female: \_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Shirt Size: Adult S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL \_\_\_\_

**All participants must read and sign the following waiver:**

I acknowledge that I am a voluntary participant in this event. I certify that I am physically fit and have sufficiently trained for this event. I assume the risks of participation and assume full responsibility for injury, accident or illness, which may occur during this event. I hereby release and hold harmless the sponsors and all persons associated with the event from any injury or damage ...including the Waco Striders Running Club, the Road Runners Club of America, and the Corp of Engineers.

\_\_\_\_\_  
 Signature Signature of Parent/Guardian (if minor) Date