



2009 TRAIL RUNNING SERIES

Presented by

ASUFit and the San Angelo Road Lizards



www.angelo.edu/asufit

www.roadlizards.org



Event dates/distances: * **Jan 24, 10K** * **Feb 7, 12 K** * **Feb 21, 15K**



Each event date will also include a 5K fun run on the same trails!

On-line registration: <http://www.active.com> ID=1662662

Start time: All races will start at 9:00 am, registration opens at 8:15 am

Location: Middle Concho Park/Spillway Hill, San Angelo Texas. From Loop 306 and Knickerbocker Blvd, go south on Knickerbocker to Red Bluff Road. Turn right onto Red Bluff and follow it until it dead ends into Middle Concho Park. Turn right just inside the park gate and go ½ mile to where the paved road ends.

Entry fee: \$10 per race (long course trail runs) or \$30 for the long course series. \$5 per event for the 5K fun run/walk. Entry fee includes after race refreshments. Wildlife viewing free of charge.

T-shirts: Long sleeve T-shirts for those who sign up for the entire long course series, shirts will be given out at last race on Feb. 21. 5K runners or those who do not sign up for the complete long course series may order a T-shirt for \$12 (order must be placed at race #2 on Feb. 7).

Long Course Series Categories: Overall Female/Male, Overall Military Female/Male, Female and Male 15-29, 30-39, 40-49, 50-59, 60+. Awards for the long course series will be 1st/2nd/3rd in each category based on overall series results for three races. Scoring will be based on points for overall finishing order in each race (i.e., 1st overall = 1 point and 5th overall = 5 points). “Did not Start” or “Did not Finish” will receive 1 point more than the last overall finisher.

5K Fun Run/Walk Categories: Female and Male 10 and under, 11-15, 15-19, 20-29, 30-39, 40-49, 50+. Awards will be given out at the conclusion of each 5K fun run. Series points will not be tracked for 5K events.

Course descriptions: Off-road runs on unimproved trails and dirt roads on and around Spillway Hill. A different course will be marked for each race, and courses may include sections of sand, rocks, old 4WD roads, and short “surprise” sections. No weather cancellations - races will go rain, shine, snow, or wind. .

More information: Contact Bill Cullins at 223-9321 or email bcullins@verizon.net

ENTRY FORM

Last name _____ First name _____

Category (circle): Male Female

Distance (circle): Long course 5K run/walk

Age: _____ Date of birth: _____ E-mail: _____

Fee paid: _____ \$30 – all three races, long course series (includes T-shirt)

 _____ \$10 – one day race only, long course races (no T-shirt)

 _____ \$5 – one day race only, 5K fun run/walk (no T-shirt)

 _____ \$12 – Order a T-shirt if not registered for long course series

_____ Total paid

T-shirt size (circle): Small Medium Large X-Large

Address: _____ City: _____ Zip: _____

Emergency contact name: _____ Phone: _____

* Send mail-in entry forms to Bill Cullins, 3322 Valleyview Blvd,
San Angelo, Texas 76904 attn: Trail Running Series *