



The East Concho Volunteer Fire Department invites you to the
**6th ANNUAL
STOP, DROP, AND ROLL
ECVFD RUN (5 MILE & 1 MILE RUN)**



JULY 11, 2009 Registration begins at 7:00 am
Races start at 8:00 am

The Stop, Drop, and Roll Run is a five mile and one mile run challenging runners in the Concho Valley to continue running during the summer season and support a worthy cause. The run was created in 2003 to raise funds for the department, now becoming an annual event that area runners of all ages look forward to. "Sparkey the Fire Dog" will start the race at the East Concho VFD; the course will run through Riverwood Estates Subdivision, east of San Angelo, and finish back at the Department with a Fire Fighters Cool Down. The first 75 registered in the 5 mile will receive a t-shirt. Proceeds will benefit the East Concho VFD.

Where: East Concho VFD, 736 Abernathy Road, off FM 388 (2 miles east of Goodfellow AFB North Gate) see map below. Mile markers and water stops on the course.

Entry fee: \$12.00 five mile \$2.00 one mile

Awards: FIVE MILE: Male/Female 1st - 3rd over all trophies. Male/Female Medals 1st, 2nd and 3rd place per age division: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-99

One Mile: Male/Female over all finisher's trophies 12 and under, and 13-19. Male/Female medals 1st -3rd per age divisions: 4 and under, 5-6, 7-8, 9-10, 11-12, 13-15, 16-19. All Finishers will receive a finisher's medal.

Post Race: Fruit, sports drinks, and water. Tour the Fire Station, explore the Fire Trucks, and visit with Sparkey the Fire Dog. Award Presentation.

For more information contact: Dennis or Kay Thompson 325-653-9329

E-mail: dkthomp@zipnet.us

Hope to see you there.

You may mail registration and fee: (first 75 five- milers receive a t-shirt) or register that morning. (Form on back)

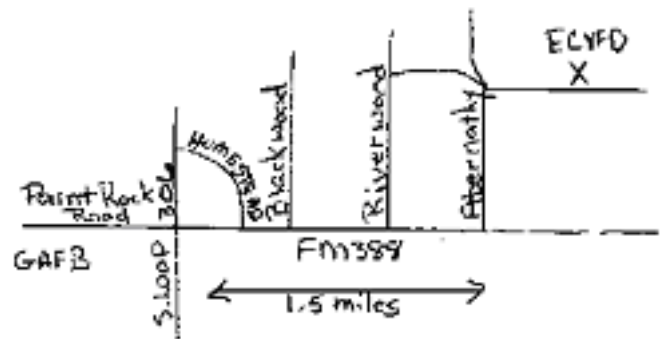
Online at: www.active.com or

Make checks payable to East Concho Volunteer Fire Department

736 Abernathy Road

San Angelo, TX 76905

Feel Free to duplicate this form for other participants.



Registration Form:

Name: First _____ MI _____ Last _____

Gender: M / F (circle one)

Age _____ Date of Birth _____

Mailing Address:

City _____ State _____ Zip _____

Phone Number _____ e-mail _____

5 mile / 1 mile (circle one)

Shirt Size if participating in 5 mile: Adult Sizes Only. (circle)

Small Medium Large X-Large

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, effects of the weather (including heat and humidity), traffic and road conditions, and all other known risks by me. Having this waiver and knowing these facts on my behalf, waive and release the San Angelo Road Lizards, the RRCA, East Concho Volunteer Fire Department, race officials, volunteers, and all sponsors, Tom Green County, their representatives and successors, from all claims and liabilities of any kind arising out of my participation in this event.

_____/_____
Runner's Signature Date

_____/_____
Parent or Guardian Signature Date
(if runner is under 18)

