



The East Concho Volunteer Fire Department invites you to  
the  
**14th ANNUAL  
STOP, DROP, AND ROLL RUN  
(Half Marathon, 5 MILE & 1 MILE RUN)**



October 7, 2017      Registration begins at 7:00 am  
Races start at 8:00 am

The Stop, Drop, and Roll Run this year will be a half marathon, five mile and one mile run. Last year we combined our annual races to pull all our resources into one big run. Come help us kick off Fire Prevention Month, “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, if weather permitting. (Bring a towel) To speed results the 1 mile and 5-mile awards will be done shortly after last runner finishes in each race.

**Where:** East Concho VFD, 777 Abernathy Road, off FM 388 (3 miles east of Goodfellow AFB North Gate) see map below. Mile markers and water stops on the course.

**Entry Fees;** 1 mile- \$5.00      5 mile- \$15.00      Half Marathon-\$20.00

Early Reg. Discount: mail your reg. early or register online and reduce your entry fee:  
5-Mile- \$12.00    Half-Marth. \$17.00

**T-Shirts to the first 50-five mile and first 50-Half Marathon runners registered**

**Awards:** Half marathon: Male/Female 1<sup>st</sup> – 2nd overall trophies. Male/Female Medals 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place per age division male/female 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

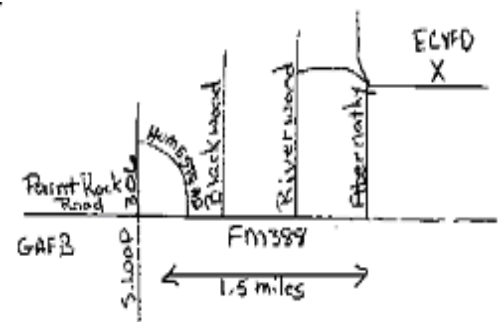
FIVE MILE: Male/Female 1<sup>st</sup> – 2nd overall trophies. Male/Female Medals 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place per age division: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

One Mile: Male/Female over all finisher’s trophies 12 and under, and 13-over. Male/Female medals 1<sup>st</sup> - 3<sup>rd</sup> 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:** Food and drinks, Tour the Fire Station, explore the Fire Trucks, and visit with Sparkey the Fire Dog. Award Presentation.

For more information, contact: Kay Thompson 325-656-2481  
E-mail: [dkthomp1985@gmail.com](mailto:dkthomp1985@gmail.com)

You may mail registration and fee: Form on back or  
Online reg. until Oct.5th: <http://getmeregistered.com/StopDropRoll>  
Make checks payable to East Concho Volunteer Fire Dept.  
777 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 \_\_\_\_\_

Half Marathon / 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)

