

*The Junior League of Lufkin  
Sprint into Spring 5K Fun Run  
1 Mile Kids Run*

**Saturday, March 24, 2012**

**Crown Colony Country Club**

**900 Crown Colony Drive, Lufkin, TX.**

**8:00 a.m. 1 Mile Kids Run Start Time**

**\$20 Early Entry (until 3/23/12)**

**\$25 Entry (3/24/12 race morning)**

**8:30 a.m. 5K Start Time**

**\$25 Early Entry (until 3/23/12)**

**\$30 Entry (3/24/12 race morning)**

**Packet Pickup Race Morning beginning at 7 a.m.**

**Entry Information**

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

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Birthday: \_\_\_\_\_ Gender: \_\_\_\_\_

Race (circle one):      5K                              1- Mile Kids Run

Adult:

T-shirt Size (circle one): Small    Medium    Large    XLarge    XXLlarge

Child:

T-shirt Size (circle one): Small (6-8)    Medium (10-12)    Large (14-16)

**Total Entry Fee: \$ \_\_\_\_\_**

**Please make checks payable/send entry forms to:**

Junior League of Lufkin  
P.O. Box 151812  
Lufkin, Texas 75915-1812



**Register Online at [www.active.com](http://www.active.com)**

**Sprint into Spring 5K Fun Run**

**1 Mile Kids Run**

**Packet Pick-Up Crown Colony Country Club**

**Friday, March 23, 2012 (12 p.m. – 6 p.m.)**

**Walkers are welcome**

**Participant Waiver**

I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I also grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

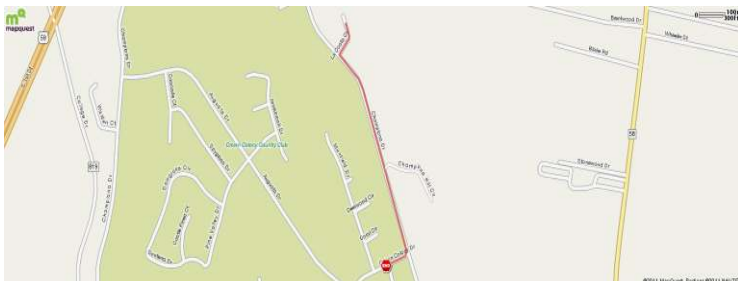
Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Junior League of Lufkin, the city of Lufkin, TX and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

**Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_**

**Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_**



**5K Route**



**1 Mile Kids Route**

Sprint into Spring 5K is a 3.1 mile race and 1 mile kids race. The race is a chip-timed event and the course highlights the area in Crown Colony neighborhood in Lufkin, Texas. The course will feature two aid stations for the 5K race and 1 aid station for the 1 mile kids run. Awards will be presented to the top male/female finishers and medals for the top three finishers in each age group. Medals will also be provided to the top three male/female finishers for the 1 Mile Kids Run (ages 5-12).

## SPONSORS

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 Suzy Lou Stationery & Invitations

***All race proceeds benefit the Junior League of Lufkin.***

### Age Divisions

#### **5K Run**

**Male: 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+**

**Female: 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+**

#### **1 Mile Kids Run**

**Male: 5-12**

**Female: 5-12**