

Thursday Evenings

June 3
June 10
June 17
June 24
July 1
July 8
July 15
July 22
July 29 1
August 5
August 12
August 19 - Awards Race (Series Last Race)

Starting Times

Fun Run 7:15 pm
Kids (under 12) - 1K (0.6mile)

5K Run / Walk (3.1 miles) 7:30 pm
Rain (we should be so lucky) or shine

Corporate 5K Run 7:30 pm

Registration

Trinity Trail Park in Fort Worth

Off 600 Woodard Street / 500 N. Henderson Street - just across the Henderson Street Bridge. It's near the Haws Rec Center and the Fort Worth Fire Training Center. Walk over the hill to race start.

For More Information . . .

call Ricky Cox at

817-531-2381 or 817-298-0242

If you don't know Ricky . . .

He's a competitive runner and three time winner of the Cowtown Marathon.

Cost

Save on Complete 12 Race Series
plus T-Shirt only \$144
Kids (under 12) 1K Fun Run Free
5K Run/Walk & T-shirt \$18 per race
5K Run/Walk (no shirt) \$12 per race
Additional T-Shirts \$7 each

Awards

Women

Runners 12 and under; 13-15; 16-18;
19-24; 25-29; 30-34; 40-44; 45-49;
50-54; 55-59; 60-64; 65-69; 70 & over;

Men

Runners 12 and under; 13-15; 16-18;
19-24; 25-29; 30-34; 40-44; 45-49;
50-54; 55-59; 60-64; 65-69; 70 & over;
Clydesdale (200 lbs. & over); Race Walkers

Medals are awarded three deep in each group for every race. Ribbons are awarded to all Fun Run participants.

Medals and certificates will be awarded to the top two teams each week with the most participants.

Series

Series winners are determined by the best 8 out of 11 races. The final race is used as a tie breaker, if needed. Race scoring is by Mark Bober.

25th Annual Summer Runs Starting June, 2010

Entry Form

Please read and sign. You will also need to fill out a form for every race. It is used for the drawings.

I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of Race Official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking in the event including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and / or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. 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 Ricky Cox, Trinity 5000, The City of Fort Worth, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purpose. Race will be held regardless of the weather conditions. Registration is final, no refunds.

Name (print) _____

Signature _____

Address _____

City, State, Zip _____

Phone () _____

Date ____/____/10

T-Shirt Size: S M L XL XXL

Parent or Guardian if under 18 years:

Name (print) _____

Signature _____

Date ____/____/10 Age _____

Mail with your check to:

Trinity 5000 Series

3028 Gardenia Drive

Fort Worth, TX 76119