

GENERAL INFORMATION

The 2007 Houston Pride 5K and 1-Mile Walk will take place Saturday, June 9. This run, which is part of Houston's pride celebrations during June, is not only for the gay and lesbian community, but for the whole community. Participation in this race does not denote sexual preference or orientation.

FEATURES OF THE RACE

- Race course certified by USATF #TX02030ETM
- Post-race party for all participants
- Awards presented immediately after the race, along with door prizes
- Water will be provided along the course and at start and finish
- Time splits given for miles 1, 2, & 3

AWARDS

The first Overall Male & Female, Masters Male & Female, and Overall Wheelchair winners will receive trophies. The top three males & females in each age group category will receive an award. The top five in the 30-34, 35-39, 40-44, 45-49 and 50-54 age categories will receive an award.

Age Groups: (no duplication of awards)

19 & under, 20-24, 25-29, 30-34 (5 deep), 35-39 (5 deep), 40-44 (5 deep), 45-49 (5 deep), 50-54 (5 deep), 55-59, 60-64, 65+

Packet Pickup will be at:
Tri on the Run

5535 Memorial Drive, Suite B
832-673-0600

June 7 - 3 to 6:30 p.m.

June 8 - 11 a.m. to 6:30 p.m.

June 9 - 6:30 to 7:20 a.m. (race site - Sam Houston Park)

For info: Mac Crone
713.661.8919 MacLCrone@SBCGlobal.net

BENEFICIARY

AssistHers is an all-volunteer nonprofit organization that provides non-medical, care-team support to lesbians with chronic illness and/or disabilities.



TEXAS FRONTRUNNERS CHALLENGE

Members of FrontRunners and other gay and lesbian running clubs can enter the Texas FrontRunners Challenge simultaneously with the Houston Pride 5K and be eligible for awards in both events. The combined times of the first four runners from each running club -- male or female -- will be used to rank the FrontRunners Challenge teams. Trophies will be awarded to the first-, second-, and third-place teams.

ENTRY FORM

(Please print clearly.)

Or register online at www.signmeupsports.com

Name _____

Address _____

City _____ ST _____ Zip _____ Gender: M F

Phone _____ T-shirt Size: S M L XL

E-mail Address _____
(To be used only for notification of next year's race)

Age on June 9, 2007 _____ Birthdate _____

☐ 5K Run ☐ 5K Wheelchair ☐ 1-Mile Walk ☐ FrontRunners Challenge

FrontRunners Challenge Team Name _____

☐ \$20 Registration Fee Enclosed Must be postmarked by June 1, 2007

☐ \$25 Late Registration/June 2 or later

RESTRICTIONS

No bicycles, hand cycles, hand-cranked wheelchairs, motorized vehicles, roller skates, baby joggers, animals, or skateboards will be allowed on the race course at any time. No exceptions. Participation in the 5K is governed by the Competition Rules of USA Track & Field and Wheelchair Athletics USA. Please do not wear earphones during the race, as they can be hazardous.

In consideration of acceptance of this entry, by signing this entry, I hereby waive and release any and all claims for myself, my heirs, executors, and administrators against AssistHers, Houston Montrose Athletic Association, the City of Houston, and all other sponsors and producers for any injury or illness which may directly or indirectly result from my participation in this event. I further state that I have trained, am physically fit, and in proper condition to participate in this event. In the event of a race cancellation due to weather, all entry fees will be considered a donation.

Signature _____ (invalid if not signed by entrant or guardian)

For Office Use Only

Note: If entrant is under 18 years of age, parent or guardian must sign waiver.

Race Number