



Animal Defense League's Ain't Nothin' but a Hound Dog Jog 5K, 1 Mile and Kid's Mile

Saturday, March 30, 2013 in Garden Ridge, Texas
8 a.m. start/finish at Garden Ridge Park
Bluebell and Grass Creek Rd, Garden Ridge, TX 78266

5K & 1 MILE RUN
FOR THE ANIMAL DEFENSE LEAGUE OF TEXAS

- Kids 1 Mile, No Dog 1 Mile, Dog Jog 1 Mile, No Dog 5K, Dog Jog 5K
- Post-race sausage dogs in a tortilla, t-shirt to all registered participants
- Awards in top 3 Male / female for runners with dogs, Age group in 10 yr incs for Non dog run and All kids get a goodie.
- Headlamps or flashlight required (Fit to Run has them in stock.)



Awards- Kids 1 Mile- top 3 boy /girl and all kids get goodie, No Dog 1 Mile Age groups*, Dog Jog 1 Mile- top 3 male/female only, No Dog 5K- Age group*, Dog Jog 5K- Age Groups*

*Age Groups Awards in non dog runs only- 1st Overall Male/Female, 1st Overall Master, 15 and under, 16-29, 30-39, 40-49, 50-59, 60 and up

Preregistration: By mail-in entry or online at www.RunInTexas.com

Packet Pickup: Early- Fri Mar 29th, 10am -6pm ADL 11300 Nacogdoches Rd, SA 78217 , (210)655-1481. **Race day-** 6:30am - 8am

Mail Entry: 9419 Bluebell Drive, Garden Ridge, TX 78266. Please make checks payable to Run In Texas.

Time Limit: 1 hr cut off for all races

Fees (no refunds): 5K: \$25 through 2-30, \$30 through 3-16, \$35 after that and \$40 on race day.

1 Mile: \$20 through 2-30-12, \$25 through 3-16, \$30 after that and \$35 on race day. Kids Mile: \$15 and \$20 on race day.

Military, Police, Fire Discount- \$5 Discount available via mail in entry only. Copy of ID required or show ID at packet pickup.

About the race: 5K and 1 Mile- All proceeds go to ADL. Non dog runners will start at 8AM starting (and finishing) in the park and running a loop course through the scenic neighborhood. There are many deer so keep control of your dogs at all times. The Dog 5K and Mile race and Kids Mile will begin at 9:05 AM and run a smaller loop course.

Refunds and Rain: *There will be no refunds for this race. The race takes place rain or shine. If hazardous conditions such as flooding or lightning are imminent, the race may be delayed or cancelled.*

RACE CONTACT INFO: www.RunInTexas.com/dogjog, Emali: info@runintexas.com

*Please make checks payable to **RUNINTEXAS***

FIRST NAME _____ LAST NAME _____ AGE ON 3-30 _____ DOB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____ SEX M F

5K or 1 Mile or Kids Mile (circle one) Dog, No Dog(Circle one) T -SHIRT: MEN: S M L XL XXL WOMEN: S M L XL

NUMBER OF Non-RUNNER EXTRA MEALS @ \$5 EACH: _____



WAIVER AND AGREEMENT: I, the person submitting this entry, am aware that participating in this race event is a potentially hazardous activity, and that I (or my child, if I am signing as parent or guardian) should not so participate unless physically able. I certify that I am (or my child is) medically fit to participate, and will have sufficiently trained for the event prior to participation. I (and my child, if I am signing as parent or guardian) agree to abide by the rules and the decisions of any event officials relating to participation, and assume all risks associated with participation in the event or any associated event or activities, including (but not limited to) falls, contact with other participants, effects of the weather such as high heat and/or humidity, and traffic or road conditions, all such risks being known and appreciated. In consideration of acceptance of the entry fee, and intending to be legally bound, I (and my child, if I am signing as parent or guardian) and anyone entitled to act on my (or our) behalf, assume all risks associated with participation, and waive any and all claims whatsoever against, and fully release, (1), The City of Garden Ridge, Run in Texas, its agents, directors, officers and representatives, and ADL 5K & 1 Mile (3) all race-day volunteers, and (4) all event promoters and sponsors and their representatives and successors, from any and all claims, damages, liability, or injury of any kind arising to me or by me, whether based upon negligence or any other theory of law, resulting from my (or my child's) participation in this event. I grant full permission to any and all of the foregoing to use my (or my child's) name, or photographs, videotapes, motion pictures, or other recordings of my (or my child's) participation in this event, without obligation or liability to me (and my child). I also understand that my (and my child's) entry fee is nonrefundable. I have read this agreement carefully, and understand it, and certify my agreement by my signature below. NOTE: Runners under 18 years of age must have parent's signature (on parent's signature line) or read and check online waiver.

SIGNATURE _____ **DATE** _____ **PARENT SIGNATURE & DATE** _____ (IF UNDER 18)