

# Fredericksburg Wildflower Run/Walk

Saturday, April 24, 2010



## The Course

The Fredericksburg Wildflower 5K and 10K Run/Walk follows a scenic course in and around Fredericksburg. The course begins and ends at Market Square downtown where parking, rest rooms and registration will be available. The children's Fun Run will also be held at Market Square (200-yard and 1-mile distances).

## Race Start

Stretch and pre-warmup is sponsored and led by fitness professionals from Hill Country Memorial Wellness Center at 8 a.m. near the race start line. The Run starts at 8:30 a.m., and the Walk begins at 8:30 a.m. Children's Fun Run begins at 9:30 a.m. Chip timing provided by Run-Far.

## Awards

Awards for Run contestants only will be presented for male and female categories (first-, second- and third-place finishers for both the 5K and 10K races). Age divisions are 0-10, 11-14, 15-21, 22-29, 30-35, 36-41, 42-47, 48-53, 54-59, 60-65, 66-69, 70-75, 76-79, 80+.

### PLUS:

First place Top Male and Top Female in both the 5K and 10K runs and special awards to all Fun Run children participants. Dr Pepper has donated a bike to be given away to a child 12 or under who is signed up for either the Run, Walk or Fun Run. To be eligible for awards, runners must wear a timing chip.

## Special Amenities

Souvenir T-shirts to all Run and Walk registrants. The first 200 registrants will receive a jar of wildflower jelly from Fischer & Wieser Specialty Foods.

## To Enter

You can either print out the entry form (below) and mail it to us, or you can **register on-line at [http://www.active.com/event\\_detail.cfm?event\\_id=1831878](http://www.active.com/event_detail.cfm?event_id=1831878)**

Pre-registration fee is \$15 per person for walkers and \$20 per person for runners with entries postmarked through April 17, 2010. Late and race-day registration at Market Square is \$25 per person. Children's Fun Run for ages 1-12 is \$1 per child.

Please make checks payable to Fredericksburg Wildflower Run & Walk. Send printed entry form and fee to: Wildflower Run & Walk, P.O. Box 835, Fredericksburg, Texas 78624

## Packet Pickup/Race Day Registration

Pre-registration: Pick up T-shirt and race number at the Wellness Center, Friday, April 23, 2010, between 10 a.m. and 4 p.m. On Race Day, please pick up packets before 8 a.m. at Market Square (downtown Fredericksburg). Registration hours are between 7 and 8 a.m.

## More Info

Hill Country Memorial Wellness Center: 830-997-1355

Email: [wellness@hcmhs.org](mailto:wellness@hcmhs.org)

Website: [www.hcmhs.org](http://www.hcmhs.org) (click on Run/Walk logo)

## Proceeds Benefit

Proceeds from the Fredericksburg Wildflower Run/Walk benefit the Fredericksburg Academic Booster's programs to recognize and encourage student academic achievement.

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# ENTRY FORM

\_\_\_\_\_  
Last name, first name, middle initial

\_\_\_\_\_  
Mailing address

\_\_\_\_\_  
City, state, ZIP

\_\_\_\_\_  
E-mail address

\_\_\_\_\_  
Date of birth                      Age as of April 24, 2010

Male       Female

\_\_\_\_\_  
Phone number

Adult T-Shirt Size (check one):

Small    Medium    Large    Extra large

Children Sizes (for 5K-10K event only):

Child Medium       Child Large

Check all that apply:

**Walk:**  5K    10K      **Run:**  5K    10K

**Children's Fun Run:**

Walk Pre-registration . . . . \$15

Late registration . . . . \$25

Run Pre-registration . . . . \$20

Late registration . . . . \$25

Children's fun run . . . . \$ 1

**Make checks payable to:**

Fredericksburg Wildflower Run & Walk

**Mail to:**

Wildflower Run & Walk  
P.O. Box 835  
Fredericksburg, Texas 78624

In consideration of the acceptance of this registration entry, I assume full and complete responsibility for any injury or accident which may occur during my participation in this event, or while I am on the premises of this event, and I hereby release and hold harmless the sponsors, promoters and all other persons associated with the event from any and all injury and damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents or employees or otherwise. This waiver shall be binding on my heirs, legatees, administrators or assigns. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion picture, recording or any other record of this event for any legitimate purposes.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Entrant's signature

\_\_\_\_\_  
Parent's or guardian's signature  
(if entrant is under 18 years of age)