

20th Annual Fun Run/Walk

**Benefiting
The Lake Cities
Spirit of Christmas**

Come Run with the Spirit

*“Un-Wrapped toy” and/or a
“Non-Perishable Food
Item” are welcomed*

To provide Christmas for the economic
disadvantaged children.

Strongly supported by:

The Lake Cities Police Departments,
The Lake Cities Fire Department,
Veterans of Foreign Wars Post 10460,
The American Legion Post 88,
Lake Cities Schools,
Lake Cities Churches,
Lakes Cities Businesses,
Social Organizations and
Many Individuals

www.lcspiritofchristmas.org

Bring the kids and enjoy the morning
Saturday October 22, 2011
7 AM Registration - 8 AM Race
Pets on leash welcome

Celebrating 20 Years



Lake Cities Spirit of Christmas Inc.
P.O. Box 806
Lake Dallas, TX 75065-0806

*Spirit of Christmas
Spirit Run 5&10K
Run / Walk
October 22, 2011*

10K, 5K & ELF 2K SPIRIT RUN / WALK

Saturday, October 22, 2011, 8:00 AM start
www.lcspiritofchristmas.org

Start Times

All Races start at 8:00 AM

Location

970 Main Street Hickory Creek, Texas
Entrance of Westlake Park

Parking

Parking allowed at several locations.
Signs will be posted.

Registration

Time: 7:00 AM

Awards

Medals will be given to the 1st, 2nd and 3rd place winners in each age group

T-Shirts

T-Shirts are guaranteed for pre-registers; race day t-shirts are first come first serve.

Breakfast

Provide by Hickory Creek IHOP
* Included in registration *

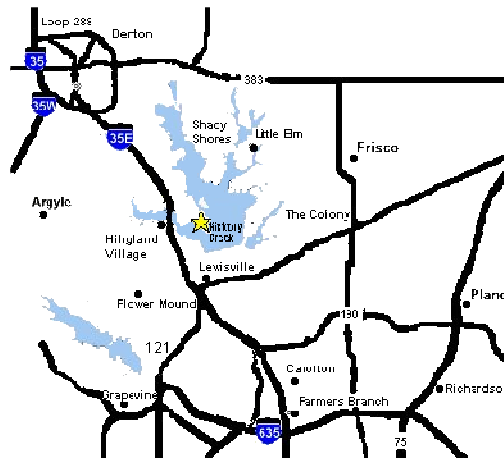
Directions:

From Denton / OK :

Exit I-35E southbound at Swisher Rd (458).
Continue south on service road to the Rave Theatre then veer right onto the bridge over the freeway to S. Denton Dr.
At the 2nd stop sign, turn left onto Main St. Follow Main east to the Public Works Building at 970 Main St.

From Lewisville / Dallas:

Exit I-35E northbound at Exit 457A, just north of Lewisville Lake.
Take 1st right, then an immediate left onto S. Denton Dr.
At the 1st stop sign, turn right onto Main St. Follow Main east to the Public Works Building at 970 Main St.



The Race courses will run through Westlake Park along the shores of Lake Lewisville. This is a very scenic set of course that will provide you with a view of a hidden treasure in the DFW area.

The 2K course is wheelchair accessible.

2011 Spirit Run Entry Form

Last Name First Name

Street address

City State Zip Code

Age _____ Birth Date _____

Phone # _____ email _____

Gender (Circle One) Male Female

T-Shirt: (Circle One) S M L XL _____

Event: (Circle) 2K 5K 10K

Entry Fee:

\$ 20.00	Adults (18+) – Postmarked by 10/14/2011
\$ 10.00	Children -- Postmarked by 10/14/2011
\$ 25.00	Adults – race day
\$ 15.00	Children (11 - 18)
\$ 10.00	Children (10 and under)
\$ 10.00	All ages on the 2K

Make Payable to: Lake Cities Spirit of Christmas

Mail Entry Forms to:(Donations welcome)
Lake Cities Spirit of Christmas
PO Box 806
Lake Dallas, TX 75065-0806

All participants must read and sign the following waiver.

I acknowledge that running near automobiles and bicycles is extremely dangerous and that running in the heat is an extreme test of a person's physical and mental limit and there exists the potential for death or serious injury. I certify that I am physically fit, have sufficiently trained for this event, and have not been advised otherwise by a qualified medical person. I also certify that I will drink plenty of water before, during and after the event. I assume the risks of participation and assume full responsibility for injury, accident, or illness, which may occur during the event or while I am on the premises of the event and I hereby release and hold harmless the sponsors, promoters and all persons and entities associated with the event, from any and all injury or damage whether it be caused by negligence of the sponsors, promoters or other persons or entities associated with this event or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event.

Signature of Participant (parent's if minor) Date