



**When:** October 15, 2011 at 9:00 am  
5K Run begins @ 9:00 am  
1 Mile Walk begins at 9:15 am

**Where:** Watauga Community Center  
7901 Indian Springs Road  
Watauga, TX 76148

**What:** 5K/1 Mile Run or Walk

**Cost:** Pre-registration before October 15  
\$10.00 per entry (Youth 17 years and under)  
\$12.00 per entry (Adults 18 years and older)

**Mail to by Sept. 22:**  
Sertoma of Watauga  
PO Box 48876  
Watauga, TX 76148

**Late registration October 10 thru 15  
or Day of the Race (7:00 am-8:45 am)**  
\$15.00 per entry (Youth 17 years and under)  
\$20.00 per entry (Adults 18 years and older)

**Make checks payable to:**  
Sertoma of Watauga  
P.O. Box 48876  
Watauga, TX 76148

**Online registrations can be made through:**  
[www.quickscores.com/wataugasertoma](http://www.quickscores.com/wataugasertoma)  
Register by Sept. 22

**Awards:** Overall male and female 17-59  
Overall master male and female  
1st and 2nd male in each age category  
1st and 2nd male in each age category

**Categories:** 0-9, 10-13, 14-16, 17-24, 25-29,  
30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

**Spirit Award:** Elementary Kids

## Packet Pick-Up/Registration

May be made at:

**Academy**  
SPORTS+OUTDOORS

5836 N. Tarrant Pkwy. 76137  
or  
Watauga Community Center  
7901 Indian Springs Rd.  
Watauga, TX 76148

**October 12 and 13  
Between 6 PM and 8 PM**

**All proceeds benefit Shoes For Kids  
and Watauga Public Schools**

## Registration Form

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: M F

T-Shirt Size: YL S M LG XL

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

ZIP: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please Read and sign Liability Release:

By signing below, I hereby relieve Sertoma and the City of Watauga, its staff, agents, and all volunteers from all liability during my participation in the Cow TX Running Scared 5K Fun Run/Walk. I understand Sertoma and the City of Watauga is not responsible for any injury or damage that may occur to myself, my assistance, vehicle, equipment, supplies, and other personal belongings during my participation in this event. By signing, I also give permission for any pictures taken of myself to be used on the Sertoma or City of Watauga's web site, Cable Channel and/or city related printed materials for citywide use and not for profit.

Signature: \_\_\_\_\_

Signature of Guardian (if under 18):  
\_\_\_\_\_

Date: \_\_\_\_\_

