

**What:** The Ryan Run 5K Run/Walk

**When:** July 4, 2009

Race Day Registration.....6:15 - 7:20 A.M.  
5K Run/Walk Start..... 7:30 A.M.

**Where:** Elizabeth Blvd. and College Ave.  
at Daggett Elementary

**Race Day Events:**

5K Run/Walk start.....7:30 A.M.  
Race awards..... 9:00 A.M.  
Parade.....10:00 A.M.

**Walk In Registration: (Call before visiting)**

Fort Worth Running Company  
5800 Camp Bowie Blvd.  
Fort Worth, TX 76107  
(817) 731-1760

**Online Registration:**

www.runningintheusa.com

**Entry Fee:**

Early/thru June 28.....\$20  
Late/after June 28.....\$22  
Children (under age 14 thru July 3.....\$17  
Groups (4 persons or more) per person/  
thru June 28.....\$15  
Late/after June 28.....\$22  
Race Day registration.....\$25

**Packet Pickup: (Call before visiting)**

Fort Worth Running Company  
5800 Camp Bowie Blvd.  
Fort Worth, TX 76107  
Thursday July 2; 10:00 A.M. - 6:00 P.M.  
Friday July 3; 10:00 A.M. - 6:00 P.M.

**Awards:**

Top overall male/female and top overall male/female masters finishers. Awards to the top 3 male/female finishers in each of the following age groups; no duplication of awards: 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

**Award Ceremony:** 9:00 A.M.

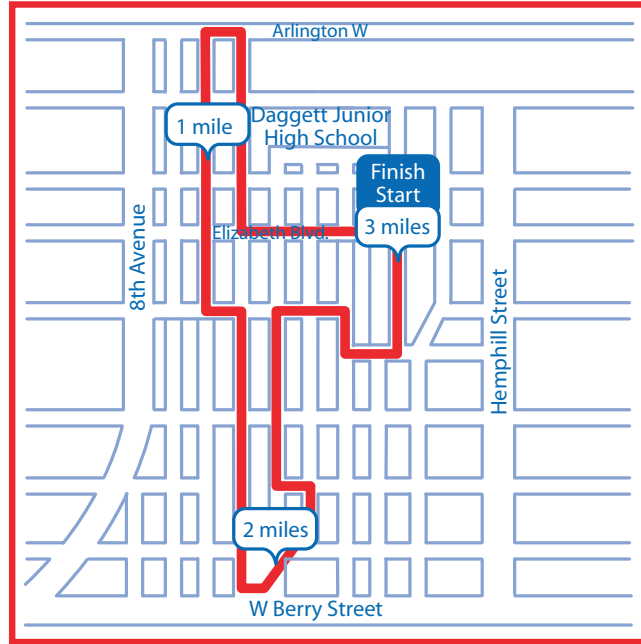
**Race results to be posted at:**

www.runningintheusa.com  
www.clinesrunningcorner.com

Join us for a day of fun and activities  
in the historic Ryan Place  
area of Fort Worth.

This race kicks off a day of fun and  
celebration for the whole family.

Don't miss the Fourth of July parade  
through Ryan Place.



**MAKE CHECKS PAYABLE TO "RYAN RUN"**  
**Must Fill Out Registration Form COMPLETELY To Be In Results**

Check No. \_\_\_\_\_ Amount \_\_\_\_\_ (circle one) Sex: Male Female  
Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Age as of 7/4/09 \_\_\_\_\_ Date of birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Where will you pick up your race packet (circle one)  
FW Running Company Face Site

T-shirt size (circle one): Small Medium Large X Large XX Large (add \$2)

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

e-mail: \_\_\_\_\_

Waiver: "I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the race, all such risks being known and appreciated by me. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release I/S About Time, the City of Fort Worth, Ryan Place Improvement Association and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Race will be held regardless of the weather conditions. Registration is final, no refunds.

Signature (parent or guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_

**For Additional Information Call: 817-690-5640**