



Saturday, February 10, 2007

The Inaugural Run of the

Mitchell Lake -

Bird Lovers - 10K



Location: Mitchell Lake Audubon Center 10750 Pleasanton Road San Antonio, Texas 78221 www.tx.audubon.org/mitchell.htm	Course: Flat with gentle slopes on Gravel/Unimproved Roads and trails circumventing 9 Holding Ponds separated by dikes with abundant watering fowl.
Race Day: 7:30 am - On Site Registration 9:00 am - Start of Race	Race Director and Information: Gib Hafernack (210-492-7517) Gibguy76@Yahoo.com
Registration: \$16.00 - SARR Members & Active Military \$18.00 - Non-Member \$20.00 - ALL Late/Race Day Early Reg. Closes: February 2, 2007 Online Reg. Closes: February 8, 2007	<p>online registration powered by  </p> <p>Proceeds Benefit Michell Lake Audubon Center</p>
On-site registration at FLEET FEET SPORTS 6408 North New Braunfels Ave. SA TX (210) 805-0845. Packet Pickup Thurs. & Fri. before the race 10:00 am to 7:00 pm.	Prizes: 1 st Place overall Male/ Female & Master's Plus top gender/age group runners. (Male and Female: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+)

Snail Mail: Send Entry Fee to:

San Antonio Road Runners - Bird Lover's Run

4611 Pinecomb Woods, SAT, 78249

Name: _____ Age: _____ Sex: M _____ F _____

Address: _____ City: _____ State: _____ Zip: _____

Shirt size: XX XL L M S Shirts guarantee First 200 Country: _____

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 race or while on the premises of this event; and I hereby release and hold harmless the sponsors, promoters, and all other persons and entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with this event or there agents of employees, or otherwise.

SIGNATURE: _____ Parent's if participant is under 18 years of age.