

INTERNATIONAL FRIENDSHIP RUN

Sunday, November 22, 2009

McAllen, Texas



ABOUT THE RACE: The International Friendship Run is the Rio Grande Valley's most unique running event. The race starts in Anzalduas Park and travels a 10-kilometer route to Los Encinos Park in McAllen. The event is one of the largest in the Valley and even features a Children's 2K race.

START TIME:
8:00 a.m.

PRE-RACE PASTA PARTY (Packet Pick-Up and Late Registration): Saturday, November 21, 2009, from 2:00 p.m. - 6:00 p.m. at Palm View Community Center (Ware and Jordan), (956) 681-3360 All registered participants will receive a race packet with a t-shirt and bib number. Pasta dinner served at 4:00 p.m.

ENTRY FEES:

10K Run - \$10 USD. (Until 11/13/09) there after \$15 USD.

Youth 2K Run - \$5 USD. For ages 14 & Under. Race begins along Military Highway at 8K course marker.

Online registration available at parks.mcallen.net

NOTE: No race day registration for the 10K or 2K.

AWARDS: All finishers will receive a medal. Trophies will be awarded to the top 3 male and female finishers in each of the 13 age divisions. The awards ceremony will be held at Los Encinos Park at 10:30 a.m.

IMPORTANT INFORMATION:

To ensure the safety of all our participants, bicycles, skateboards, baby joggers or carriages, roller skates or blades, and animals will not be allowed in the race or on the course.

Buses will be available before and after the race to transport participants from the finish area at Los Encinos Park to the start at Anzalduas Park.

The Los Encinos swimming pool/shower facilities will be available to all participants after the race.

For more information contact:
McAllen Parks and Recreation Department

Phone: (956) 681-3333

Fax: (956) 681-3300

E-Mail: parks@mcallen.net

Web Site: www.mcallen.net

2009 INTERNATIONAL FRIENDSHIP RUN ENTRY FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

Male _____ Female _____

Age: _____ Birthdate: _____

Event: 10K _____; Youth 2K _____

School: _____

All participants must read and sign the following waiver of legal liability: I, the undersigned, do hereby agree to release and hold harmless the cities of McAllen, Texas and their agents, employees and all volunteers from any and all liability resulting from my participation in the International Friendship Run.

Signature (Parent/legal guardian if under 18) _____

Entry Fees: 10K: \$10 (\$15 after 11/13/09) Youth 2K: \$5.00

Return your registration to: City of McAllen Parks & Recreation
P.O. Box 220
McAllen, TX 78505-0220

FOR OFFICE USE ONLY:

Date: _____

Receipt: _____

Cash/Check#: _____

Registrar: _____

Packet # _____

