

RUN THE HIGHLANDS WOULD LIKE TO THANK OUR SPONSORS!

RUN THE HIGHLANDS 5th ANNUAL APRIL 25 2009 LAKE HIGHLANDS JUNIOR WOMEN'S LEAGUE

Lake Highlands Junior Women's League
P.O. Box 38225
Dallas, Texas 75238

5K and 1 Mile Family Walk



PROCEEDS BENEFIT
LAKE HIGHLANDS NORTH
PARK IMPROVEMENT PROJECT

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Catherine & Brad Stansberry
Nancy & Kent Stansberry
Stephanie & Shawn Stevens
Alice & Mike Stroud
Lu & Will Tompson
Two Sisters Ink

RUN THE HIGHLANDS 5K & 1 MILE FAMILY WALK



DATE

Saturday,
April 25, 2009

LOCATION

The race will begin and end in front of
Lake Highlands High School
9449 Church Rd., Dallas, TX 75238

A Community Carnival will follow across the street
at Lake Highlands North Recreation Center

EVENT SCHEDULE

7:00 am Race day registration & packet pick up
7:30 am Pump up the LH Spirit!
8:00 am 1 Mile Family Walk begins
8:30 am Community Carnival begins
8:45 am Run the Highlands 5K begins
9:45 am Awards Ceremony

EVENT COST

Individual: \$15 on or before April 15, 2009
\$20 after April 15, 2009
\$25 Race Day
\$10 Kids 3-12 (no deadline)

Families: \$50 (2 adults & kids under 12)

Entry fees are non-refundable.

ENTERTAINMENT

Join us for food and fun after the race. Including bounce
houses, children's activities, raffle drawings and MORE!

RAFFLE

Bib numbers can be entered for raffle prizes following the
race. Number must be placed in basket at the finish line.
Grand prize is a one year family membership to the
Lake Highlands Family YMCA.

AWARDS

Special awards for top overall and masters male and female
finishers. Awards for top three male and female finishers in
the following age groups: 0-12, 13-19, 20-29, 30-39, 40-49,
50-59, 60-69, 70+

ELECTRONIC TIMING

Run the Highlands is a certified 5K and will be timed by
Racing Systems using state of the art electronic timing. You
must wear the timing device on your shoe to receive an
official time and be eligible for awards. Chips may be
picked up on race day near registration with your race
number.

1 MILE FAMILY WALK

Not a runner? Want to participate as a family? This event is
for those not interested in running! Come enjoy a brisk
morning walk with family, friends and neighbors!

T-SHIRTS

The first 800 participants will receive a Run the Highlands
t-shirt. T-shirt sizes are not guaranteed.

PHOTOGRAPHY

Photographs will be available at www.celebratedimages.com.

PARKING

Parking is available at the recreation center and both LHHS
parking lots.

WEBSITE

Visit www.lhjwl.org for additional information. You may
register for the event online at www.runontexas.com.
Online registration ends Tuesday, April 21st at noon.

EVENT CHAIRMEN

Carrie Dishman
Ginger Greenberg
Katy Hastings
Betsy McBee
Whitney Whitehead
Carita Youngblood
Kristie Zenick

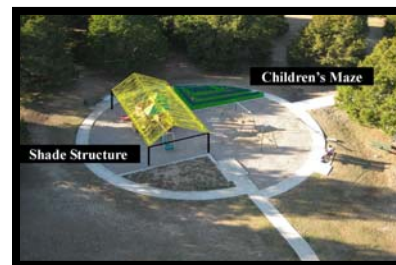
We would like to extend a special
thank you to the staff of
Lake Highlands North
Recreation Center.



EVENT PROCEEDS

All proceeds from the 2009 Run the Highlands will benefit
park improvements on the Lake Highlands North Park
property. Plans include a family picnic area, a shade
structure over the playground, and wonderful landscaping,
including a small children's maze.

The Lake Highlands Junior Women's League was founded
in November 2004 and currently has 125 members. Our
organization raises funds that go directly to beautification
and improvement within the Lake Highlands area. In our
first four years, we have donated over \$175,000 to
improvements and amenities at Lake Highlands North
Park, including the popular spray-ground, paved loop trail
and trailhead, and the restoration of the pond.



Donations may be sent to:
Lake Highlands Junior Women's League
P.O. Box 38225
Dallas, Texas 75238

No donation is too small! All donations are
tax deductible, and receipts will be provided.

*Commemorative bricks may be purchased to
benefit ongoing efforts toward improvements to
and amenities of the Lake Highlands North
Recreation Center. Bricks will be placed at the
trail head of the One Mile Loop Trail near the
Recreation Center building. Please visit lhjwl.org
to download a brick order form.*

Bib # _____

REGISTRATION FORM
PLEASE COMPLETE A SEPARATE FORM FOR
EACH PARTICIPANT

Name: _____
Age (as of 4/25/09): _____
Date of Birth: _____
Sex: Male Female
Address: _____
City: _____ State: _____ Zip: _____
Email: _____
Day Phone: _____

PACKET PICK-UP:

- 4/22 - 4/24 10 am- 7 pm**
 Dallas Run-On, 5400 E. Mockingbird #114
 Richardson Run-On, 1469 W. Campbell at Coit
- 4/24* 7 pm - 8 pm**
(*LHJWL & LHWL Members Only)
 Lake Highlands North Recreation Center
- 4/25**
 Race Day, Lake Highlands High School

I AM PARTICIPATING IN:

- 5K Run 1 Mile Family Fun Walk

MY T-SHIRT SIZE IS: (please circle)

Adult S M L XL XXL
Child XS(2-4) S(6-8) M(10-12) L(14-16)

EVENT COST:

Individual: On or before April 15, 2009 \$15
After April 15, 2009 \$20
Race Day \$25
Kids 3-12 (no deadline) \$10
Families: 2 adults and kids under 12 \$50

Donation to Run the Highlands: \$ _____
Total Amount: \$ _____

LHJWL Member Name: _____

Please make checks payable to:
LHJWL
4950 Keller Springs #340
Addison, Texas 75001
Those wishing to pay by credit card may register
online at www.runontexas.com

Run the Highlands is sanctioned by the USA Track & Field. I am a voluntary participant in this event, and in good physical condition. I know that this event is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident that may occur during my participation in this event or while on the premises of this event. I hereby release and hold harmless and covenant not to file suit against the Lake Highlands Junior Women's League, any affiliated individuals, any race sponsors and all other persons or entities associated with this event from any loss, liability, or claims I may have arising from my participation. T-shirt size is not guaranteed. For tax deductibility, please see www.lhjwl.org. PLEASE NOTE: Non-contending/slower* participants may be asked to stop along the course to allow traffic or medical/fire/police emergency vehicles to pass. Thank you in advance for your cooperation, City of Dallas Special Events Office (*Non-contending/slower: Participants not in contention for an awards position/place.)

Signature of participant or parent/guardian