

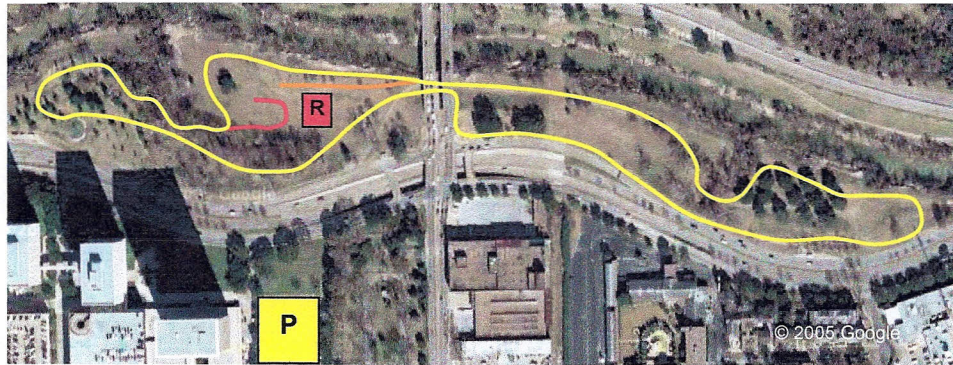


BUFFALO WALLOW 6K

HARRA CROSS COUNTRY CHAMPIONSHIP RACE
The 1st race of the HARRA 2010 Spring Series

Saturday, February 6, 2010 Houston, Texas

Sponsored by the *Houston Harriers*
Race Timing by *Run Wild* Parking Courtesy of *AIG*



Three anti-clockwise loops with **Start** and **Finish** as marked.

Course

Run the BUFFALO WALLOW in Buffalo Bayou Park on Allen Parkway at Montrose. 3 loops of a 2km course between the Wortham Fountain and Taft Street. The course is identical to previous Buffalo Wallow 6k courses. There will be water available on the course.

Races and Start Time

- **8:00 a.m.** — Masters Men & Women (40 years old and older)
- **9:00 a.m.** — Open Men & Women

Entry Fee

- \$16 prior to race-day or \$5 for those 19 years of age and under
- \$1 discount for HARRA members registering prior to race day
- **\$20 for all race day registrations**
- No refunds

Registration – using the attached form – and Packet Pick-up

- Mail-in registration by January 23 to:
Houston Harriers – Buffalo Wallow
P.O. Box 3323, Houston TX 77253-3323
- Number pick-up and/or in person registration:
 - At Fleet Feet Sports February 4 and February 5, Noon - 6 p.m. ONLY 2408 Rice Blvd., Houston, TX 77005, 713-520-6353
 - Race day registration and **chip pick up** at **R** Buffalo Bayou Park no later than **45 minutes before your race**.

Directions and Parking

The race begins in Buffalo Bayou Park near Montrose and Allen Parkway. Parking **P** is in the lot on the East side of the AIG complex at 2700 Allen Parkway. The lot can be accessed from Waugh Drive, West Dallas or Allen Parkway. Please cross Allen Parkway only at the Montrose stoplight. Arrive in time to pick up your chip.

Prohibited on the Course

Headphones, animals, bicycles, baby joggers and roller skates.

Awards

Awards will be given out after the 2nd race at 10:00 a.m. for winners in Open Men, Open Women, Masters Men and Masters Women. Age-group awards will be given 3 deep for each male and female in the following age groups: Under 20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over. There will be no duplication of awards. **You must run in the age-appropriate race to be eligible for any award.**

Results

Results will be posted on site as they become available, and on-line at www.houstonharriers.com and www.runnertriathletenews.com.

For more information check www.houstonharriers.com or contact Race Director Cindy Sosa at 713-663-7221 or csosa@houstonharriers.com.

REGISTRATION FORM

Name: _____

Amount enclosed: _____ Check #: _____

Event/Class: Open Men Open Women
 Masters Men Masters Women

Please make checks payable to Houston Harriers

Age on 01/31/2009: _____ DOB: _____ / _____ / _____
month day year

HARRA Number: _____ [**Membership must be current**]

Address: _____

City: _____ State: _____ Zip: _____

Daytime telephone number: _____

Email address: _____

Emergency contact telephone: _____

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against The Event, its Primary Sponsor and its affiliates, their agents, employees, officers, directors, successors and assigns, the Houston Harriers, the City of Houston, the Park District, USA Track and Field, HARRA, American General and any and all sponsors, their representatives and successors, that may arise as a result of my participation in The Event and any pre and post-event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising.

Signature: _____ Date: _____

_____ Date: _____

Parent or Guardian must sign if entrant is under 18 years of age