

Bring The Whole Family

The American Heroes 5K, 10K & 1 Mile Fun Run is a family event, with fun for all ages! Bring the whole family and start your weekend off on the right foot. Runners and walkers of all ages and abilities are encouraged to register!

5K & 10K Divisions - 8:05am start: Male and Female: 14 & Under, 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, and 80+.

1 Mile Fun Run - 7:45am start: All ages!

The Courses

5K: Scenic views of beautiful Lake Lewisville and Stewart Peninsula Golf Course and the surrounding neighborhood. Flat and fast!
10K: Scenic views of Lake Lewisville along the new Shoreline Trail. Amazing nature area!

Awards

5K and 10K Awards: Trophies for overall winners and first 3 finishers in each age group and division.

1 Mile Fun Run Awards: No awards.

Visit www.SaluteAmericanHeroes.com for race results.

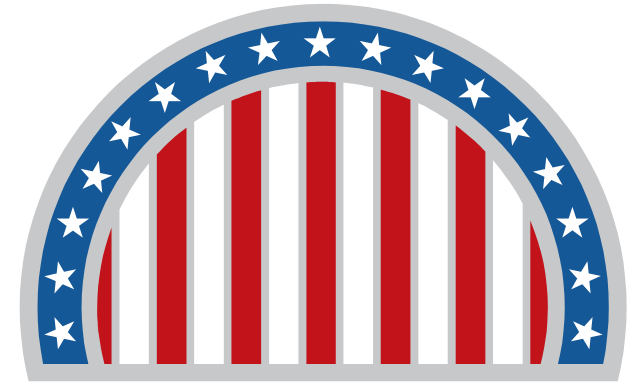
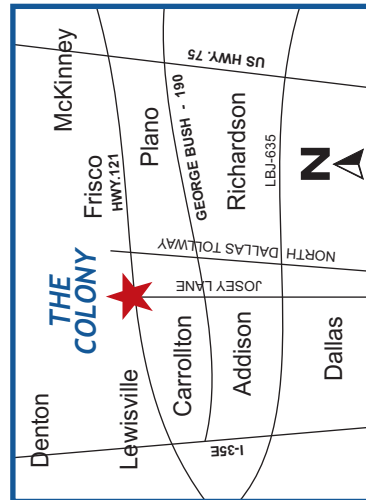
Race Timing By It's About TIME Race Management

The 2011 American Heroes 5K & 10K will be timed by It's About TIME Race Management using chip timing.

Directions to Stewart Creek Park

3700 Sparks Road: From Highway 121, take FM 423 / Main Street (Josey) north approximately 2 miles, then left at North Colony Blvd. Take North Colony Blvd. approximately 1.5 miles into Stewart Creek Park. North Colony Blvd. becomes Sparks Road when you enter the park.

American Heroes Run
PO Box 560997
The Colony, TX 75056



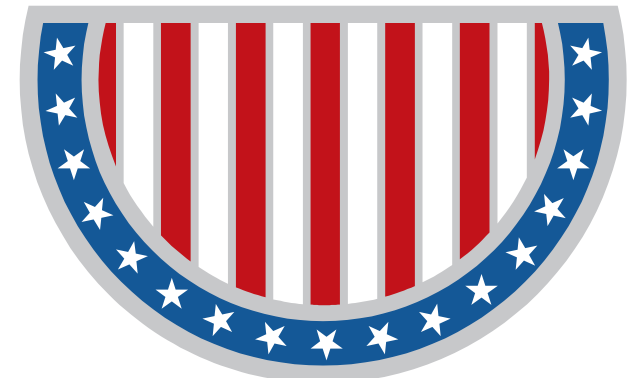
Saturday, November 12, 2011 • 7:45am
Stewart Creek Park
3700 Sparks Road, The Colony

Benefitting the American Legion Post 21 Charities



Holley-Riddle
Post 21
The Colony, Texas

For more information, visit
www.SaluteAmericanHeroes.com
or call (972)625-1106.





Please start here when filling out your form.

1 Your Race: 10K 5K 1 Mile Fun Run

2 Shirt and Race Number Pick Up

The Colony Recreation Center on 11/11
 Race Day - Stewart Creek Park on 11/12

If no choice is checked, t-shirt & race # will be available on Race Day at Stewart Creek Park.
 If choosing Race Day, please arrive early to ensure adequate check-in time before race time.

3 Participant Information

OFFICIAL USE ONLY

FIRST NAME _____ LAST NAME _____

AGE ON RACE DAY _____ SEX M F EMAIL ADDRESS: _____

ADDRESS _____ APARTMENT # _____

CITY () _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____ SHIRT SIZE S M L XL XXL

WAIVER/RELEASE - MUST BE SIGNED BEFORE MAILING: I know that running is a potentially hazardous activity and I should not enter unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts, and in consideration of your accepting my entry, I, for myself and anyone else acting on my behalf, waive and release and indemnify the American Heroes 5K/10K/1 Mile, the American Legion Post 21, the City of The Colony, USATF, plus all sponsors, their representatives and assignors, from all claims and liabilities of any kind arising out of my participation in this event or any related activities, even though such liability may arise out of negligence or carelessness on the part of any of the persons named in this waiver.

SIGN HERE: (or parent / legal guardian if under age 18) _____ DATE: _____

Don't delay, register today!

Mail Registration Form To:
 American Legion Post 21
 Attn: American Heroes Run
 PO Box 560997
 The Colony, TX 75056
 (ALL MAIL ENTRIES MUST BE POSTMARKED BY NOVEMBER 5)
 Or register onsite at the race on November 12th.

For fast and easy online entry visit www.SaluteAmericanHeroes.com.

Registration Form

Entry Fee:
 Postmarked or received by October 21 - \$18.00
 (NO MAIL ENTRIES AFTER NOVEMBER 5)
 After October 21 - \$20.00
 Race Day - \$25.00

Checks made payable to:
 American Legion Post 21

Registration

Online: At www.SaluteAmericanHeroes.com,
 thru 4:00PM on 11/10.

By Mail: American Legion Post 21
 Attn: American Heroes Run
 PO Box 560997
 The Colony, TX 75056
 (ALL MAIL ENTRIES MUST BE POSTMARKED BY NOVEMBER 5)

On-site: The Colony Recreation Center
 (972)625-1106, thru 6pm on 11/11.

Race Day: Starting at 6:30am at race site.

Registration Fees

5K & 10K
 \$18.00 - Postmarked or received by October 21
 \$20.00 - After October 21
 \$25.00 - Race Day
 1 Mile
 \$10.00 - Postmarked or received by October 21
 \$12.00 - After October 21
 \$15.00 - Race Day

Checks payable to American Legion Post 21.

Tee Shirt and Race Number Pick Up

@ The Colony Recreation Center: 5151 North Colony Blvd., 12pm - 6pm, on Friday, November 11th.

@ Race Day - Stewart Creek Park: 3700 Sparks Road, The Colony, November 12 starting at 6:30am. Those choosing to register or pick up their packet on race day should arrive early to ensure that they are finished in time for race time. ALL runners need to plan to arrive and be in the park no later than 7:30am.

Presented By:



Holley-Riddle Post 21
 The Colony, Texas

and many additional great sponsors and supporters!