

# AMERICA'S



## 2011 ARMED FORCES KIDS RUN

# FREE

**Saturday, May 21 8 am**  
**(Check-in 7:30 am)**

**Lackland High School**  
**Running Track**

**Pre-Registration is now underway!**

**Follow these simple steps to pre-register for this fun event**

1. Log on to [www.americaskidsrun.org](http://www.americaskidsrun.org)
2. Click on "Registration"
3. Under "Please Select a Base" Select **Lackland** and click on "Get Events"
4. Under **Event Title** click on the appropriate age group for you
5. Click on "Register" by the blue triangle
6. Fill in the fields then click "Register"
7. Print out the "Your Registration Was Accepted" page

**Walk/Run distances are as follows:**

**Ages 5-6 ½ mile = 2 laps around track**

**Ages 7-8 1 mile = 4 laps**

**Ages 9-13 2 miles = 8 laps**

**Age14-Adults 5K = 13 laps**

**Would you like to volunteer to help? Any questions?**

**Give us a call at 671-2388**



[www.lacklandfss.com](http://www.lacklandfss.com)