

# 10TH ANNUAL TAMALE 5K & BIKE TOUR



**DECEMBER 13, 2014**

**REGISTRATION AT 7:00 AM**

- ⇒ **60 Mile Bike Tour at 8:00 a.m.**
- ⇒ **5K to follow 60 Mile Bike Tour**
- ⇒ **30 Mile Bike Tour/Combo to follow 5K**

**STUDENT ACTIVITY CENTER  
off Highway 359**

**RAIN OR SHINE**

- **LONG COURSE: 60 MILES**
- **SHORT COURSE: 30 MILES**
- **5K ONLY**
- **5K & 30 BIKE TOUR (COMBO)**

## PRE REGISTRATION

**Pre-Registration deadline  
THURSDAY, DEC 11TH  
ONLINE**

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

## LOCAL SITES\*

**The Dickerson Law Office**  
2 Lindenwood @ Del Mar

**Momentum Running Co.**  
1202 E. Del Mar Ste.103

**Pro-Bike Bicycle Shop**  
5603 San Dario Ste. 2

**Laredo Ciclo Mania**  
611 Shiloh Ste. 2

\* For local sites, check only;  
make checks payable to The  
Laredo Rotary Club.



**5K**  
\$15 pre-registration  
**\$20 event day**

**BIKE TOUR**  
\$25 pre-registration  
**\$30 event day**

**COMBO**  
\$35 pre-registration  
**\$40 event day**

**NEW 2014 DESIGN  
DRY-FIT TYPE  
T-SHIRTS FOR FIRST  
100 REGISTERED**

**5K MEDALS FOR  
1ST, 2ND & 3RD +  
Maria Bonita Gift  
Cards for Overall  
Winners.**

**Bike Tour Trophies +  
Maria Bonita Gift  
Cards for Overall  
Winners**

**TIMING CHIP  
SPONSOR**  
  
**Dr. Rick Castillon**  
WOMEN'S WELLNESS &  
HEALTH CARE CENTER

**PACKET PICK UP  
SPONSOR**  
**MARIA  
BONITA**  
**COCINA MEXICANA**

Packet Pickup Friday  
from 4:00 p.m. to 7:00

