

3RD ANNUAL L.I.P.O.A. 5K ROAD RACE & FUN WALK ENTRY FORM AND WAIVER

WHO IS THIS FOR? Anyone who is a member of the LIPOA, and their guests

ENTRY FEE: The race is free! If you would like a T-shirt there is an \$8.00 fee.

DATE and TIME: Saturday, July 3 at 9:00 a.m. Rain or shine

LOCATION: Start and finish at the LIPOA Office, 1096 Queensway Drive

COURSE: Gently rolling paved terrain for the road race.

REGISTRATION DEADLINE: Wednesday, June 23 by 3 pm to get a T-shirt, otherwise Friday, July 2 by 4 pm. Entry forms may be *mailed* to the LIPOA Office or dropped off there anytime before the deadline.

AWARDS: Trophies for the top three male and female finishers, and to the youngest and oldest finishers in the 5k race. Certificates to all who finish the road race.

INFORMATION: Email lakeisabella@winntel.net

NAME: _____ Male Female

GUEST OF: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (_____) _____ AGE ON 7/03/10 _____

EMAIL: _____

EVENT ENTERED: _____ 5K ROAD RACE

_____ FUN WALK

T-SHIRT FEE INCLUDED: Y _____ N _____ T-SHIRT SIZE (circle one): S M L XL

Waiver and Release of Liability: In consideration of accepting this entry form I hereby intend to be legally bound for myself, my heirs, my executors and administrators, waive and release all rights and claims for damages I may accrue against the LIPOA Board, its officers and employees, event committee members and volunteers, agents, representatives, successors and assigns for any and all injuries suffered by me at said event, or which may arise out of traveling to, participating in and returning from the event.

I have read and accept the terms of the waiver on this page

_____ Date: _____

Parent or Guardian signature if under 18

_____ Date: _____

**If you have a family member or friend that does not want to participate, but would like to help, we need volunteers for the race! Please email lakeisabella@winntel.net or to let us know of any volunteers.