

# 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 4 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:** Friday, June 19 by 4 pm to get a T-shirt, otherwise Friday, July 3 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](mailto:lakeisabella@winntel.net) or [gmerwin@winntelwb.coop](mailto:gmerwin@winntelwb.coop)

NAME: \_\_\_\_\_

GUEST OF: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ AGE ON 7/04/09 \_\_\_\_\_

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](mailto:lakeisabella@winntel.net) or [gmerwin@winntelwb.coop](mailto:gmerwin@winntelwb.coop) to let us know of any volunteers.