

Annual 5K Run/Walk Saturday April 14, 8:00 am

Packet Pick-up/Late Registration: Early packet pick-up and late registration will be Friday, April 13, 2012 at Lamont Christian School from 4:00-6:00 p.m. Packets may be picked up on race day starting at 7:00 a.m. until race time.

Entry Fee: \$20 per runner or walker. Teams/groups of 3 or more are \$15 per runner. Late Registration is \$25 per runner. NO LATE REGISTRATION FOR TEAMS. Mail Registrations to Lamont Christian School, 5260 Leonard Street, Coopersville, Michigan, 49404. Make checks out to Lamont Christian School

Time: Race begins at 8:00 a.m. for runners and walkers. "Gator Gallop" for 8 and under will begin around 8:45.

Awards: The top 6 male and female runners will receive a \$10 gift card. Awards will be given after the race around 9:00 a.m.

Race Course: The race starts at Lamont Christian Reformed Church and ends at Lamont Christian School. Runners can park at L.C.S. and a bus will bring you to the start line.

Pancake Breakfast: Free pancake breakfast after the run for all registered runners. Family and friends are welcome. Donation buckets will be located at each table.

Please Select: (Feel free to photocopy this form. Please fill out one form per person.)

_____ 5K Run, \$20 per person (postmarked by April 6 or delivered to L.C.S. office by April 11)

_____ 5K Run (Lamont Christian School Student), \$10 per person

_____ 5K Team/Group of 3, \$15 per person (Group forms must be mailed together to qualify for team rate)

_____ 5K Run, late registration \$25 per person

Name of Runner: _____

Phone Number: _____

Email: _____

Circle T-Shirt Size: S M L XL

Waiver/Release: Please read and sign below. Parents must sign for children under 18.

I know that running/walking a race is a potential hazardous activity. I should not enter to run/walk unless I am medically able and properly assume of risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including traffic and the condition of the roads, 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 entitled to act in my behalf, waive and release Lamont Christian School and all sponsors, their representatives, and successors from the claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of this event for any legitimate purpose.

I understand and agree to waiver and release

Signature Date Parent/Guardian