



Lamont Christian School

5K Run/Walk

Saturday, April 25, 2020

Packet Pick-Up/Late Registration: Early packet pick-up and late registration will be Friday, April 24, 2020 at Lamont Christian School from 4:00-6:00 pm. Packets may be picked up on race day starting at 7:00 am until race time.

Early Entry Fee: \$25 per runner or walker. Teams/groups of 3 or more are \$20 per runner by 4/2. Late registration (after 4/2) is \$30 per runner. NO LATE REGISTRATION FOR TEAMS.

Mail registrations to:
Lamont Christian School
5260 Leonard Street, Coopersville, MI
49404 Attn: 5K Race.

Time: Race begins at 8:00 am for runners and walkers. The "Gator Gallop" for kids 8 and under will begin around 8:45 am near the race finish line.

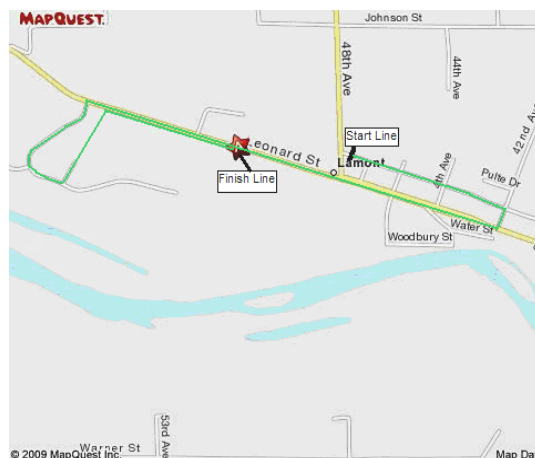
Awards: Awards will be given to the top 3 male and female runners in these two divisions:

- 14 and under
- 15 and over

Awards will be given after the race around 9:00 am inside the gym. This is a professionally timed race with clocks at the 1 mile, 2 mile, and finish line!!

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.

Map:



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

I know that running/walking a race is a potentially hazardous activity. I should not enter to run/walk unless I am medically able and properly trained. I assume all the risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, 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 their sponsors, their representatives, and successors from all 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 this waiver and release.

Signature

Date

REGISTRATION FORM

(Complete both sides)

Please select: (Feel free to photocopy this form)

Please fill out one form per person.

___ 5K Run, \$25 per person
(postmarked by March 31st or
delivered to L.C.S. office by April 2)

___ 5K Run (LCS Student), \$20 per person

___ 5K Team/Group of 3 (or more),
\$20 per person
(Group forms must be mailed
together to qualify for team rate.)

___ 5K Run, Late Registration, \$30 per
person. (After April 2)

___ Shirt only, \$12/youth or \$15/adult

*T-Shirts sizes only guaranteed to runners
registered by 4/2.

Name of Runner:

Circle: Male / Female Age: _____

Phone Number: _____

E-Mail: _____

Circle T-Shirt Size:

Youth: YS YM YL

Unisex: S M L XL XXL

Lamont Christian School's

11th Annual 5K Run/Walk

Lamont Christian School is hosting its 11th Annual "Lamont River Run". The event will take place in scenic Lamont, located between Allendale and Coopersville, along Leonard Street. This event is a fundraiser to help offset the cost of educating our students. We welcome you to enjoy the morning which includes a 5K Run/Walk, and a free "Gator Gallop" mini-run for kids 8 and under. After the run, enjoy a pancake breakfast inside the school at our Flapjack Festival. Breakfast is by donation (FREE to registered 5K runners!)

5K RUN/WALK

for

LAMONT

CHRISTIAN

SCHOOL

Saturday April 25, 2020

This Event Endorsed by

