

Lamont Christian School

13th Annual Run/Walk

&

Flapjack Breakfast

Lamont Christian School is hosting its 13th Annual “Lamont Christian Run/Walk”. The event will take place in scenic Lamont, located between Allendale and Coopersville, along Leonard St & through Lamont Farms. This event is a fund-raiser to help offset the cost of educating our students. We welcome you to enjoy the morning which includes a 3 Mile Run/Walk, and a free “Gator Gallop” mini run for kids. After the run, enjoy a Flapjack Breakfast.

Breakfast is by donation
(Free for Racers)



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

Awards: Award Ceremony will follow the Gator Gallop. Approximately 9:00am.

Race Course: The race starts and ends at Lamont Christian School. The race will run through Lamont Farms.

Questions/Answers:

Are you doing a group or student rate this year? *No, we decided to just keep a low cost for everyone.*



3 MILE RUN/WALK

LAMONT CHRISTIAN SCHOOL

Pavement | Stroller Friendly

Saturday, April 20, 2024

\$25

Price Increases March 20th!

[Breakfast & T-Shirt included]

March 20 - April 10

\$30 per runner

[No Shirts after April 10th]

VOLUNTEERS NEEDED!

Sign Up by April 10 & get a free shirt!

**Mail or Drop Off
Registrations to:**

Lamont Christian School
5260 Leonard Street
Coopersville, MI 49404
M-F 8:30am - 3:30pm

REGISTRATION FORM

Please fill out one form per person.

- \$25 per person
(postmarked by March 20th)
- \$30 per person
- Shirt only, \$12/youth or \$15/adult
- Volunteer for the Event
- Silver/Gold Sponsor

*T-Shirts only guaranteed to runners registered by 4/10/24.

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

Company Name (if sponsor):

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 you 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

3 MILE RUN/WALK

for

LAMONT CHRISTIAN SCHOOL

Saturday April 20, 2024

This Event Endorsed by

