

Run for the Lions 5k Race & Fun Run

*Sponsored by: Lamarque Elementary School ("The Lions")
Benefiting children's education at Lamarque Elementary School.*

January 16, 2010

Time: 5k run—8 a.m.
Time: Fun Run—9 a.m. (for kids 12 and under)

Lamarque Elementary School
3415 Lamarque Ave., North Port

- **Sign In Time:** 5K—6:30 to 7:45 a.m
- Fun Run—8:15 to 8:45 a.m.
- **5K Age Groups:** 8 & under, 9&10, 11&12, 13&14, 15-19, followed by standard age groups in 5 year increments, up to 80+.
- **Make checks payable to: Lamarque 5K Race**

For more information contact:
Ed or Joan Morgan (941)423-5752 or
emjm67@yahoo.com

Lamarque 5K Run/Walk is coordinated and officiated by Zoomers Running Club. For information and race results go to www.zoomersrun.com

Pre-register by: 1/12/2010

Entry fees:

- **5k**—\$12 for pre-registered
- **5k**—\$15 for race day or late registration
- **Fun Run**—\$6 for registration



AWARDS

- ◆ **5K M & F** 1st Place overall; Masters, Grand Masters, Senior Grand Masters, & Veterans Awards 6 deep for each age group.
- ◆ **5K Run:** T-shirts guaranteed to the first 250 registrants
- ◆ **Fun Run:** ribbons for all participants

Public school are permitted to make information available to parents regarding student activities offered by not-for-profit organizations. The School Board of Sarasota County provides this information as a service to students and their families.

BIB # _____

Mail form and entry fee to:

LES 5K Race
6124 Fabian Rd.
North Port, FL 34287

Participant Name _____

Street Address _____

City, State _____

Phone _____

E-Mail _____

Please check one:

5K

Fun Run

Male or Female _____

Date of Birth _____

Age on race day _____

T-SHIRT —(Circle One)

Adult Size: S M L XL

Child Size: S M L

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Lamarque Elementary School, The School Board of Sarasota County, Zoomers Running Club, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I certify that I am 18 years of age or older, or that I am the Parent/Guardian of the entrant and am granting permission for him/her to participate.

Signature _____

Date _____

Signature of parent or guardian if under 18 _____

Date _____