

10th Annual WLMS Get Fit 5K



Saturday, May 4, 2024 at 8:00am

West Lincoln Middle School

For more information or to register online, visit

<https://runsignup.com/Race/NC/Lincolnton/WLMSGetFit5K>

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone (____) _____ Email _____

Date of Birth _____ Age on Race Day _____ Gender M F

Shirt Size: Youth S M L or Adult S M L XL XXL XXXL

(You must register by **April 18** to receive a t-shirt)

Circle One: Adults - \$25.00 Students - \$20.00

*Race Day registration: Adults \$30 and Students \$25 (will not receive t-shirt)

**Submit Entries & Checks To:
West Lincoln Middle School
260 Shoal Rd
Lincolnton, NC 28092**

RACE WAIVER

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharge all sponsors, their representatives and successors, promoters, managers, directors, officials, agents, and volunteers of the West Lincoln Middle School 5k from any and all claims of injury or liabilities of any kind, illness or damages suffered by me, as a result of my participation in or traveling to or from this event. I know that running and cycling a road race is a potentially hazardous activity. I should not enter and run or cycle unless I am medically able and properly trained. I assume all risks associated with running or cycling in this event, including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give my permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

Signature: _____

Signature of parent or guardian if under 18: _____

WLMS Star Wars Costume One Mile Fun Walk/Run



Come dressed as your favorite Star Wars character as we speed into a galaxy far, far away. **Entry fee is \$15.**

All participants receive a Star Wars goodie bag. Awards given to best costumes.

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