



Bobble Head Trophies for Top 3 Male/Female and Age Group Winners
 Team Awards • Spirit Award • FREE Kids Run •
 Walker/Stroller Friendly • USATF Sanctioned • Tech Shirts

SUNDAY, MAY 3, 2015 THEIS PARK

A Benefit for
Legal Aid of Western Missouri

Course Description:

The 5K course begins at Theis Park, continues west along the Brush Creek river walk to the west side of the Plaza, returning to the grounds of the Kauffman Foundation. **Runners and walkers are welcome**—please, no pets. A **Free Kids Run** will be held following the 5K.

Team Competition:

Establish or rekindle friendly rivalries through the **Team Competition**. At no additional charge, runners may sign up as a member of a “Team” and compete for both individual and team awards. No max # of runners on a team; fastest three times combined to determine team’s time. In addition, a commemorative trophy and pizza party will be awarded to the **Largest Team (# of participants, including volunteers)** and a **Spirit Award for best team costumes!**

Race Details:

Convenient parking is available along Oak ST. Race day registration and packet pick up begins at 7:00am. **Tech shirts for runners registered by April 17, 2015.** Stay tuned to Facebook and Twitter (lakc5K) for event updates.

Registration Form

Name (Last, First): _____

Team Name (if applicable 3 or more members per team): _____ Circle: Captain Member

Address: _____

Phone: _____ Email: _____

Date of Birth (M/D/Y): _____ Age on Race Day _____ Circle: Male Female

Please indicate if this is a complimentary sponsor registration: Yes No

Tech Shirt size: Youth M Youth L/Adult S Adult M Adult L Adult XL XXL (\$2+)

I know running is potentially hazardous. In consideration for acceptance of my entry, I waive, release, discharge, and promise not to sue any and all race sponsors, race officials, volunteers, local and state police, and any of their agents or employees from any and all claims of liability for death, injury, or property damage arising out of my participation in this event. This release applies to all claims of every kind or nature.

Signature X _____ Date: _____

Signature X _____ Date: _____
 Parent/Guardian if under 18

| Entry Fees: | |
|---------------------------|----------|
| LAKC Member (by 4/17) | \$ 25.00 |
| All others (by 4/17) | \$ 30.00 |
| Registration (after 4/17) | \$ 35.00 |
| Students age 13 & under | \$ 10.00 |
| Kid's Dash | Free |

Donation to LAWMO: _____

Total Enclosed _____

Return form to:
 LAKC Law Day 5K
 118 N Conistor Ste B #201
 Liberty, MO 64068
 or Fax: 866-808-7589

For more information and to register, visit:

www.lakc.net