

Proceeds go to Lamarque students! Known to runners as the "GOOD FOOD RUN" thanks to all of our local North Port restaurant sponsors!

Lamarque Run for the Lions 5k & 1 Mile Fun Run

Saturday, April 7, 2018

Start Times:

5k at 8:00 am

1 Mile Fun Run at 9:00 am

Lamarque Elementary 3415 Lamarque Ave., North Port

Register online at: <https://runsignup.com/Race/FL/NorthPort/Lamarque5K>

Tech Shirt for first 250 5K registrants!
Cotton t-shirts for all Fun Run only registrants.

Food and Beverages:

Event participants will enjoy post race recovery snacks and water.

Registration Fee: \$25 Adults (5K)
\$15 Children 12 and under (5K)
\$20 Running Club Members (5K)
\$30 Day of race (5K)
\$15 Fun Run Only

Awards: Overall M/F, Masters, Grand Masters, Senior Grand Masters, Veterans, M/F Age Group

*All 5K runners may participate in Fun Run, only 1 shirt per participant.

Packet Pick-Up Lamarque Elementary, Friday, April 6, 2018 1-3pm
Race Day Registration and Packet Pick-up Starts at 7:00 am

Runner Name (#1): _____

Street: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ Gender: M/F Phone: _____ Running Club Member: Y / N

E-mail: _____ Race (circle one): 5k / 1 Mile Fun Run

Tech Shirt (First 250 5k registrants/ Cotton t-shirt for Fun Run registrants): Adult/ Youth XS / S / M / L / XL / XXL

Additional Registrants- Family team name: _____

Runner #2 Name: _____ 5k / 1 M AGE: _____ A / Y Shirt Size: _____ Signature: _____

Runner #3 Name: _____ 5k / 1 M AGE: _____ A / Y Shirt Size: _____ Signature: _____

Runner #4 Name: _____ 5k / 1 M AGE: _____ A / Y Shirt Size: _____ Signature: _____

Runner #5 Name: _____ 5k / 1 M AGE: _____ A / Y Shirt Size: _____ Signature: _____

Runner #6 Name: _____ 5k / 1 M AGE: _____ A / Y Shirt Size: _____ Signature: _____

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. 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, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that NO bicycles, skateboards, baby joggers, roller skates or roller blades, and animals are allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Lamarque Elementary, Sarasota County Schools, the city of North Port, and the Road Runners Club of America, all event 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 this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Runner: _____ Date: _____

Signature of Parent/ Guardian if under 18 years: _____ Date: _____