

# Sam’s Run 2020

## Look in the Mirror Foundation

\*Look in the Mirror Foundation is a 501-C3 (non-profit). It was formed in the memory of Samuel Walker Lees. The mission of the foundation is to discuss Sam’s journey with teenagers & young adults and help them make better choices down their pathway in life.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M or F

E-mail \_\_\_\_\_

Shirt size: (please circle) YL S M L XL 2Xlarge (add \$2.00)

\_\_\_\_\_ \$20.00 thru May 17th

\_\_\_\_\_ \$25.00 May 18<sup>th</sup> – June 7th

\_\_\_\_\_ \$30.00 Race day

### Waiver & Release

In consideration of my being admitted to enter "Sam’s Race", I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Sportspectrum, RRCA, Sportspectrum Race Management, LSUS, and all other sponsors or affiliates their employees and agents, of and from any and all claims or demands for damages, injuries, or liability, in any manner arising out of participation in this event. I agree to indemnify and hold harmless the parties released above from any claims or demands for damages, for injuries or liability, in any way arising out of my participation in this event. I certify that I have prepared myself for this race and that I am in adequate physical condition to complete the event I have entered. I agree to follow all rules of this race and to permit myself be removed from the competition if in the opinion of Race Management that continuing would endanger my health. I understand that I am responsible for timing chip, I will return it or I will be accessed a lost chip charge of \$30.00.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature if under 18 \_\_\_\_\_

Starting Date/ Time: June 20th, 8:00 a.m. on the campus of LSUS – behind the HPE building.

Early Registration: Early registration is \$20.00 thru May 31st

\$25.00 June 1st – June 19th

\$30.00 RACE DAY.

All pre-registered participants will receive a Sam’s Run t-shirt.

Register Early!! Race shirts are not guaranteed to registrations after June 14th

Packet Pick-up: You can pick up your packet early at Sportspectrum Thursday, June 18th from noon—6:30 p.m., Friday, June 19th from 10 a.m.-5:30 p.m., Race day at the race site starting at 7 a.m.

Special Thank You: Sportspectrum & LSUS

Post Party: Join us after the race for refreshments, music, food and awards.

Awards: Overall Male & Female will each receive a \$100 to Sportspectrum, 2<sup>nd</sup> place Overall Male & Female winners receive a \$50 gift certificate to Sportspectrum. 1<sup>st</sup> & 2<sup>nd</sup> place Male & Female winners in each age group winner will receive a trophy.

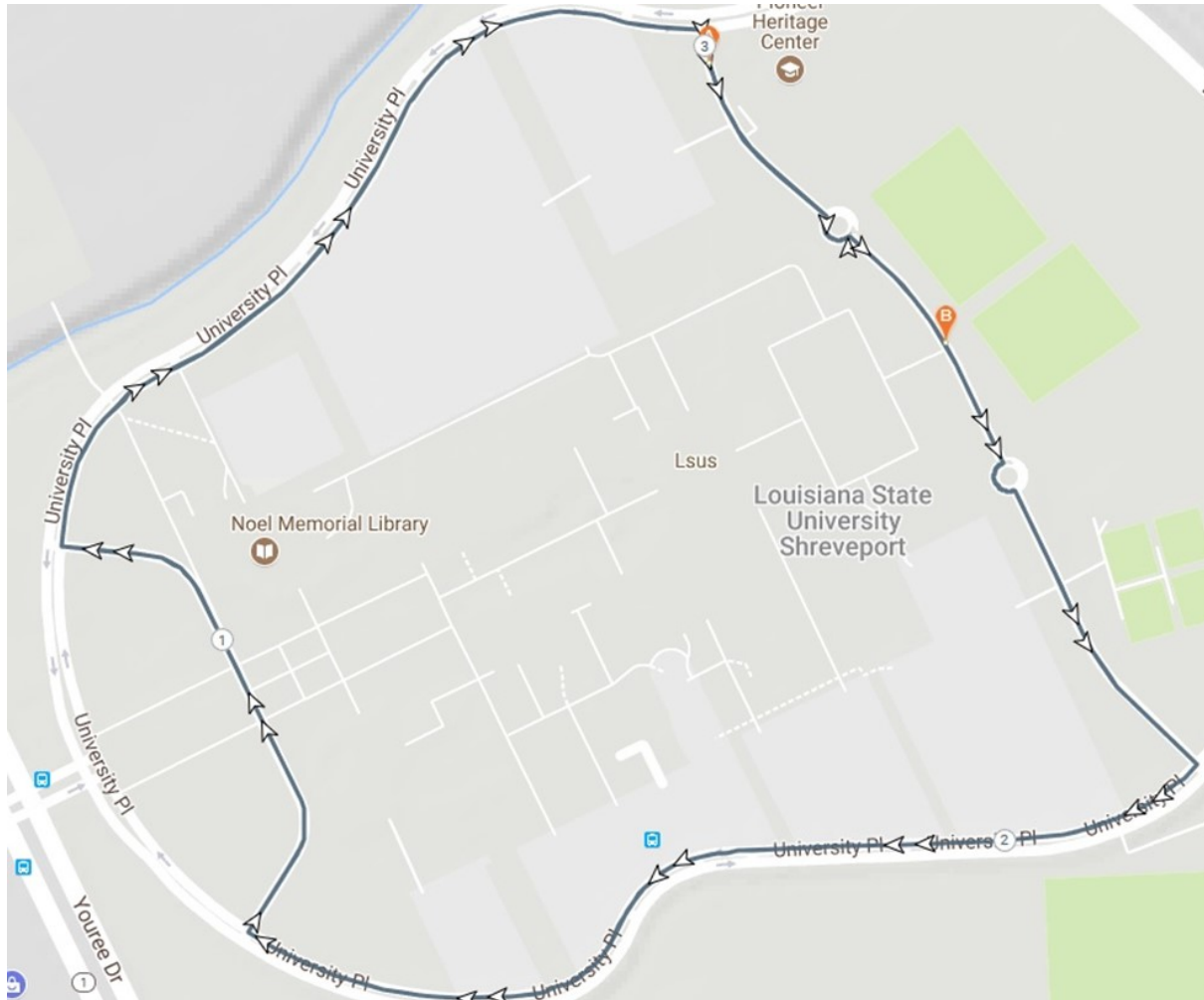
Age Groups: 18-under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Phantom Runner: If you cannot be there, but still want to show your support sign up as a phantom runner. You will still receive a t-shirt

Special Note: Baby joggers and strollers are allowed on the course, but must start in the back. No dogs, bikes, or skate devices allowed on the course.

## Course map

Race starts behind the HPE building. Runners will make two loops of the course below.



5k Road race

Saturday, June 20<sup>th</sup>, 2020

8:00 a.m.

Campus of LSUS