



# Lake Shawnee Super Hero 3-6-9

Three Different Races for Every Kind of Super Hero!

**\* Community Day – East vs. West Competition \***

**A 3 Mile Run/Walk, A 6 Mile Run & A 900 Meter Fun Run**

## Saturday, June 25<sup>th</sup> 2022 - 9am Start

Lake Shawnee continually proves to be a community of Super Heroes, thriving on volunteerism and service towards others. These traits are nurtured at an early age and are cultivated over the course of many years. We would like to celebrate the passionate champions of our community by creating a Lake Shawnee Scholarship Fund that will be solely funded with 100% of the proceeds from our Annual Race.

### Pre-Registration by June 1st

Adults 3/6 - \$20/\$30pp  
900 Meter Fun Run \$10pp  
Children 10 and under

**Includes a Race Towel, Post Race Refreshments**

### Register After June 1st and up to Race Day

Adults 3/6 - \$25/\$35pp  
900 Meter Fun Run \$15pp  
Children 10 and under

### Make Registration Checks Payable to:

Lake Shawnee Club

All Race Fees Are Non Refundable— Rain or Shine

**Register Online at [Runsignup.com](https://runsignup.com) or Use the Form below to register by mail.**

**Beautiful, Challenging, Well Marked & Professionally Measured 3&6 Mile Courses**

**View Course Maps at [lakeshawneeclub.org](https://lakeshawneeclub.org).  
On Site Registration from 7:30am – 8:45am**

**East Vs West Side Awards Plus More!!**

Top 3 Men & Women Overall

1<sup>st</sup> Place Male & Female in 7 age categories

1<sup>st</sup> 5 Kids 10 and Under

Plus Best Costume Awards!!

**East Vs West Details can be found on [RUNSIGNUP.COM](https://runsignup.com)**

**Donations Welcome! Got Questions?**

**Contact Dina Troha - [dinatroha@gmail.com](mailto:dinatroha@gmail.com)**

### 2022 LAKE SHAWNEE SUPER HERO 3-6-9 REGISTRATION FORM

*Please Print!*

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

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Male: ☐ Female: ☐ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age (on Race Day): \_\_\_\_\_

I am participating in the following race: \_\_\_\_ 3Mile \_\_\_\_ 6Mile \_\_\_\_ 900 Meter Fun Run ( 10 & Under Only)

Please make check payable to: Lake Shawnee Club

Mail to: LSC Scholarship Committee 4 West Shawnee Trail Wharton, NJ 07885

Payment Enclosed:

\$ \_\_\_\_\_

Waiver of Liability for Lake Shawnee 2020 3-6-9:

In participating in the Lake Shawnee 3-6-9 myself, my heirs, executors, administrators, and assigns, do hereby release and discharge the Lake Shawnee 3-6-9 committee, its officers and agents, volunteers, all sponsoring and cooperating business, organizations, and municipalities, their employees, and agents, from all claims, damages, demands, actions, causes of action or any other claim of whatsoever nature arising out of my participation in the event or while in transit to or from the designated route. I agree to abide by all traffic laws and basic safety rules established by The Lake Shawnee Club. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with participating in the event including, but not limited to: falls, contact with other participants, the effect of weather, including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. I also give full permission to The Lake Shawnee Club for use of my name, photograph, video or any other record of this event for legitimate purposes. I understand that the event will be held rain or shine and no refunds will be issued. The undersigned, being fully aware of the risks and hazards inherent in practicing and engaging in exercise programs, hereby voluntarily assumes all risks of loss, damage or injury, including death that may be sustained by the undersigned, or to any property of the undersigned. This release shall be binding upon distributors, heirs, next of kin, executors, and administrators of each of the undersigned. In signing the foregoing release, the undersigned hereby acknowledges and represents that he/she has read the foregoing release, understands it and signs it voluntarily.

Signature (required): \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (required if under 18 years of age): \_\_\_\_\_

☐ Although I cannot participate in this event, please accept my donation of \_\_\_\_\_

**\*\*Please fill out one registration form per participant. Thank you!**

