ENTRY FORM:

NAME: _____

STREET: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: (____) _____

EMAIL: _____

T-SHIRT SIZE (CIRCLE): S M L XL (XXL $2 extra)

Youth sizes (circle) M L Early Registration ONLY

AGE ON RACE DAY: _____

AGE CATEGORY: _____

*(See reverse side for categories)

GENDER (CIRCLE): M F

START/FINISH:
Lenoir-Rhyne University

STARTING TIME: Computerized Start/Finish
by Lee Timing
5 Kilometer Run/Walk: 9:00 a.m.

EARLY REGISTRATION
THROUGH 5:00 p.m. March 18th 2011
$12 LRU Students, Faculty/Staff & Alumni
Graduation Year: _____
All Others: $15

LATE REGISTRATION
March 19th 2011– Race Day
$20 FOR ALL AGES

MAIL OR DROP OFF ENTRY FORM TO:
Ingrid Anthony
LR BOX 7356
Hickory, NC 28603

Make checks Payable to:
Lenoir-Rhyne University PAWS Club

Contact Info: Ingrid Anthony
anthonyi@lr.edu

Thank you for your support of the LR Physical Activity Wellness and Sports Club (PAWS)!

Thank you to all our 2011 sponsors!

This is a Certified Course; Code NC-10040-PH

Race Day Music Provided by:
The Big Dawg 92.1FM

Lenoir-Rhyne University

March 26, 2011

THIRD ANNUAL FOOLS FOR FITNESS
5K RUN/WALK

START/FINISH: Stasavich Place Parking lot @ 7th Avenue NE, Hickory, NC

***RAIN OR SHINE**
Late Registration Race Day:
7:30am- 8:45 a.m.

5K RUN/WALK: 9:00 a.m.
Tot Trot following Race

Packet Pick up 3/25/11
Shuford Gym- LRU Campus
4-6pm

LRU FOOLS FOR FITNESS 5K RUN/WALK

AGE CATEGORIES: *Male and Female*

____12 and under	____ 13-19 years old
___ 20-24 years old	____ 25-29 years old
___ 30-34 years old	____ 35-39 years old
____ 40-49 years old	____ 50-59 years old
____ 60-69 years old	____ 70+ years old

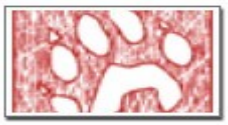
Tot Trot (100 meters) 7 years of age and younger

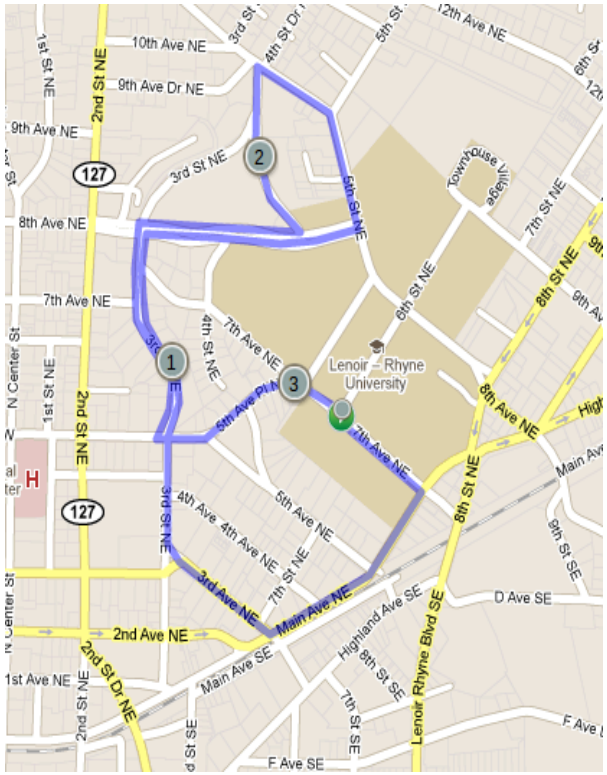
No registration needed

All participants will receive a ribbon.

AWARDS:

- Medals awarded to top overall male and female 5K finishers
- Medals awarded to 1st, 2nd & 3rd Male and Female Age Division winners
- T-shirts to first 100 5K participants
- Door prizes awarded by local Merchants





"See you at the finish line"

RELEASE WAIVER AND ASSUMPTION OF RISK:

In consideration of the acceptance of the entry, I hereby, for myself, my heirs, executors, and assigns, and anyone to act on my behalf, release and discharge, Lenoir-Rhyne University, its staff, members, and volunteers, whose facilities are being used for this event from any and all claims of injury or liabilities of any kind, illness, or damages suffered or sustained by me, as a result of my participation in or traveling to/from this event. I hereby confirm that I have been informed and am aware of the fact that certain risks of injury or other loss are inherent and immutably connected to the activities in which I wish to participate. I assume all risks associated with running or walking in this event, including but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I hereby certify that I am in such physical condition and good health and that I should not enter and run/walk unless I am medically able and properly trained. I further affirm that I have been informed and am aware that this contract and covenant of release may be pleaded by Lenoir-Rhyne University, its staff, members, and volunteers as a complete defense to any action or proceeding that may be brought or instituted by me or by my heirs or legal representatives in breach thereof.

_____ (date)

(Signature)

_____ (date)

(Signature of parent or guardian if under 18 years old)