



**Pope Men's Lacrosse
Winter 5K & Fun Run 2010**

Saturday February 20th at Pope High School
 Sign in/Registration Begins at 7:45AM • 5K Begins at 8:30AM
 One Mile Fun Run Begins at 8:35AM

**\$25 Registration Fee for 5K; \$15 fee for Fun Run
 Fee Includes T-shirt and Pancake Breakfast afterward**

Please complete this form and mail with your payment to:
 Pope Men's Lacrosse, c/o Pope High School, 3001 Hembree Rd., Marietta, GA 30062

Registration forms can also be found online at www.popelacrosse.com.
 Checks should be made payable to Pope Lacrosse Booster Club (PLBC).

RACE ENTRY FORM – POPE MEN'S LACROSSE, SHAKE RATTLE & RUN

Shirt Size (Adult) S ___ M ___ L ___ XL ___

Name _____ Age _____ Sex _____ Distance _____

Address _____ City _____ State _____ Zip _____

Release Form: I know that running a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this Pope Lacrosse 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 and will abide by the rule that no wheeled baby conveyances or other wheeled means of conveyance, or pets are permitted in the race. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Pope Lacrosse Team, all city, county, and state governments, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that all entries are final with no refunds. The official race director reserves the right in any event of emergency or local or national disaster to cancel the race or to change the day and/or time to a later day and that in the event of cancellation or change there is no refund of entry fees.

Participant Signature _____ Date _____

Parent's Signature _____ Date _____
 (If entrant under 18 yrs.)