LIS—Panther Pride

Lutheran Interparish School is sponsoring a 5K and 1 mile Fun Run/Walk, with proceeds going to the LIS RetainingWall Project

Date: Saturday, April 3rd, 2010
Time: 5K and 1mile Fun Run/Walk, both starting at 9:00 a.m.
Course: Starting at LIS, the course will take a route that encircles the town of Williamsburg. This is not the same course used in previous Hit the Bricks races.
Entry Fee: $20 ($13 for 18 and under)
$15 ($8 for 18 and under) if entry is postmarked on or before March 26th
Race Day registrants not guaranteed a T-Shirt
Age Divisions: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, and 60 & over.
Refreshments: Refreshments will be provided after the race. Prizes will be awarded to the top male and female overall finishers, and to the top 3 male and female finishers in each age bracket. Awards will be presented to the top 3 male and female finishers in the Fun Run. All registered runners will be eligible for prize drawings after the race, but must be present to win.
MAIL REGISTRATION TO: LIS RUN
Lutheran Interparish School
804 Court St. Box 750
Williamsburg, IA 52361

Name_____ Phone _____

Address_____ City/State/Zip _____

email address_____ Age on Race Day_____ Gender_____

Shirt Size (circle one): Youth L
Adult S MED LARGE X-Large

Race: (circle one): 5K Fun Run

Make check payable to: L.I.S.

Downloaded at www.FitnessSports.com

WAIVER: (must sign waiver to participate)
I do hereby absolve LIS, the city of Williamsburg, all race sponsors, volunteers, and all race officials, and organizers from all claims of damages, demands, actions, and courses of action whatsoever, in any manner arising or growing out of my participation in the LIS 40th Anniversary Run. I certify that I have prepared myself and that I am in adequate physical condition to participate in the event I have entered on April 5, 2008.

Signed _____ Date_____

Parent (if under 18) _____ Date_____