

# LAPS 4 LIZZ

**Event:** 2 Hour Walk/Run (non-competitive) to honor **Elizabeth Cassler**

Feel free to walk/run any part of the two hours.

**Date:** Saturday, April 4, 2009

**Time:** 1:00 – 3:00 P.M.

**Location:** Southeast Polk High School Track

**Registration:** \$15.00 for adults

\$10.00 for children (12 and under)

\$25.00 for team of two (any age)

\$40.00 for team of four (any age)

\$10.00 for each T-shirt (can be picked up the day of the event)

(T-shirt orders must be received by March 4, 2009)

Registration can be mailed to Troy and Kristi Troncin at 7004 Twana Drive, Urbandale, IA 50322 or you may register on the day of the event from 12:00 – 1:00 at the track entrance.

**Proceeds:** All proceeds from the **Laps 4 Lizz** event will go to the Cassler Family.

**Information:** For questions regarding the race, call (515)254-2935 or send an email to [ktroncin@johnston.k12.ia.us](mailto:ktroncin@johnston.k12.ia.us).

**Don't forget to wear your pink to support Elizabeth!**

## Entry form for Laps 4 Lizz

(Feel free to make copies of this form)

Name \_\_\_\_\_

T-Shirt Size (T-shirts cost \$10.00 each)

Address \_\_\_\_\_

Adults (circle one): S M L XL XXL

Phone \_\_\_\_\_

Youth (circle one): S M L

Entry fees: (Please make checks payable to Kristi Troncin)

Adult \$15 \_\_\_\_\_

Child \$10 \_\_\_\_\_

2 Person team \$25 \_\_\_\_\_

4 Person team \$40 \_\_\_\_\_

T-shirt \_\_\_\_\_

Donation (optional) \_\_\_\_\_

**Total Amount Enclosed** \_\_\_\_\_

Mail Race entry forms and money to:

Kristi and Troy Troncin

7004 Twana Drive

Urbandale, Iowa 50322

In consideration of your acceptance of this entry, I hereby, for myself, heirs, executors & administrators, waive any and all rights and claims for damages I may have against the run/walk, city of Altoona, Southeast Polk Schools & individual groups associated with this event: their agents, representatives, successors & assigns for any and all injuries suffered by myself in said event. I attest and verify that I have full knowledge of the risks involved in this event & I am physically fit & sufficiently trained to participate in this event.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of parent/ guardian, if under 18