

LAWS Run for the Shelter Half-Marathon and 5K

Sunday, April 18, 2010

Leesburg, VA

8:30 AM

Entry Fees:

Half Marathon \$45– Received by April 10

\$50 April 11 - 17, \$55 Race Day

5K \$30 - Received by April 10

\$35 April 11 - 17, \$40 Race Day

3 Mile Wellness Walk \$20– Received by April 10

\$25 April 11 - 17, Same on Race Day

Kid's Fun Run \$10 – Same on Race Day

Online Registration Available through Active.com, please visit www.runfortheshelter.org for additional information

If paying by check, make check payable to "LAWS Run for the Shelter."

Mail the form and check to:

Run for the Shelter

C/O Randy Skovrinski

1011 Warwick Ct

Sterling, VA 20164-4912

Please print and mail the form to the above address and do not mail after April 10, 2010.

EVENTS: (Check One)

- Half Marathon
- 5K
- 3 Mile Wellness Walk
- Kid's Fun Run

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Gender M/F: _____ Age on Race Day: _____ Phone: (_____) _____

Race Shirt size: Kids: YS, YM, YL – Adults: S M L XL 2XL All runners will receive a technical race shirt.

E-mail address: _____

I am including an additional donation of \$_____ for the Loudoun Abused Women's Shelter.

Liability Waiver Must Be Signed Before Mailing. Illegible forms will be rejected. Information: info@runfortheshelter.org

I know that running a road race is a potentially hazardous activity and that I should not enter and run 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 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. 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 organizers of the LAWS Run for the Shelter Half Marathon and 5K, Capital Running Company, You Start I Finish, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (Parent or Guardian if under 18): _____ Date: _____