

Litchfield Middle School
Cross Country Team
is sponsoring our
3rd Annual

LMS Raider Run

5k ROAD RACE

SUNDAY, APRIL 19th, 2009
12 NOON

\$10 Entry Fee before April 10, 2009

\$12 Entry Fee the day of the race

ALL AGES WELCOME

There will be a “mini me” Raider Run @ 11:30am for kids ages 8
and under!

Course will run from Campbell High – down Albuquerque and
back to CHS.

Entry Forms can be picked up at LMS, CHS and Litchfield Town
Hall

There will be a Wellness Fair at the High School following the Raider Run!
Come and See!

Any questions may be directed to ttarr@litchfieldsd.org or jhenriquez@litchfieldsd.org

**Litchfield Middle School
Raider Run Road Race
April 19, 2009 - 12 noon**

Race Entry Form

Race Entry No _____

Name _____ Age _____ Sex M F

Address _____

Entry Fee: \$10(before April 13) **\$12**(the day of the race)

Payment _____ **cash** _____ **check**
_____ **check number**

(made out to LMS)

Shirt Size: _____ **small** _____ **medium** _____ **large** _____ **extra large**

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 race, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and 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 Litchfield School District, 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 of this event. I grant permission to all 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 not refund of entry fees.

signature _____ date _____

parent signature if entrant is under 18 yrs of age