



Nov 27, 2008 8:30 AM

Bring your family and friends to our 5th annual 5K run. Special offer for families this year: sign up three, the 4th is free.

REGISTRATION & ENTRY FEES

Before Nov 19: \$20 (deadline for family discounts)

Nov 19-23: \$20

Nov 24-27: \$25

The first 550 paid registrants receive a long sleeve cotton T-shirt. No shirts will be reordered or mailed.

Wed, Nov. 26: Early Packet Pickup, 3 pm - 6 pm at Francis Sporting Goods, 731 Massachusetts St.

RACE DAY CHECK-IN/ CHIP PICKUP

7 am - 8 am. Lawrence Visitors Center, 402 N 2nd St. Late registrations accepted.

Everyone must pick up their timing chip.

RACE TIME: 8:30 AM.

Chip Timing by RaceDay Timing Solutions.

Parking: Visitors Center parking lot & south public lot & behind Johnny's Tavern (west side of N 2nd. Watch traffic when crossing streets.

Start/finish: North 2nd & Elm St (by the bridge).

Safety: please, no headphones, dogs or strollers.

Certified Course Records: Male: Adrian Ludwig 15:40 (2006); Female: Natasha Roetter 18:47 (2006).

Awards: Top 3 finishers overall & in each division, & 1st masters, male & female. Gift certificates from Francis Sporting Goods to the top overall male and female finishers. Awards will be presented as soon as possible after the race.

Age Groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+

More Information: Dee Boeck at 785-841-3587, or e-mail: runLawrence@gmail.com

THANKS TO OUR SPONSORS

- Francis Sporting Goods
- Dr. P. A. Ragley, foot specialist
- Hy-Vee
- Great Harvest Bread Co
- FedEx Office
- J&S Coffee
- Dillons
- The Merc
- Run-Girl
- special thanks to Rick Renfro for the parking at Johnny's



Or register on-line: active.com

REGISTRATION FORM

Thanksgiving Day 5K Nov 27, 2008

Please print (1 person per entry, for family entries please send all entries in one envelope before Nov 19)

Today's date: _____

First Name: _____

Last Name: _____

Sex: M F Age _____ (on Nov 27)

Shirt size (circle): S M L XL

Address: _____

City/St/Zip: _____

Phone: _____

E-mail: _____

Entry fee: \$20, after Nov 23rd \$25
(\$0, for 4th family member, before Nov 19)

Total enclosed: \$ _____

Fees non-refundable; entries non-transferable

Mail to: runLawrence,
2223 Westchester, Lawrence, KS 66049

Checks payable to: runLawrence

WAIVER - I know that participating in a running race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to run the distances of the event. I agree to abide by any decision of a race official relative to safely completing the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effect of the weather, including temperature, snow, rain and ice, and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for the race, I, for myself and anyone entitled to act on my behalf, waive and release runLawrence, the City of Lawrence, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising from my participation in this race even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures or any other recording of these events for any legitimate purpose.

Signature _____

Parent's signature if under 18