



**Carroll Manor Elementary School PTA Presents  
"The Roaring Lion Run" 5K Run/Walk**

**Date:** Sunday, October 24<sup>th</sup>, 2010  
5K – 8:00 a.m. (rain or shine)  
Kid’s 1 mile fun run @ 9:00 a.m.

**Where:** Carroll Manor Elementary School  
5624 Adamstown Road  
Adamstown, MD 21710

**Awards:** Shirts guaranteed to all pre-registered 5K participants  
Medals for registered fun run participants.

- \* Top three male/female finishers
- \* First PTA member (male/female)
- \* First high school finisher (male/female)
- \* Age group finishers
- \* First CMES student
- \* First middle school finisher (male/female)
- \* First male/female walker

**Silent Auction!!! Door Prizes!!! Refreshments!!! Music!!!! Babysitting!!!!**

**Registration:** \$20.00/person on or before October 17th OR \$25.00 same day registration.  
\$10.00 kid’s fun run (same day registration accepted)

**Make checks payable to:** *Carroll Manor Elementary School/ PTA*  
**Submit form and \$\$\$\$ to:** *Carroll Manor Elementary School*  
*c/oPatti Lombardi, 5K Chair*  
*5624 Adamstown Road*  
*Adamstown, MD 21710*

Timing and Finish Line assistance provided by Frederick Steeplechasers (steeplechasers.org) \*\*\*\*\*Certified Course  
Packet pick-up/same day registration from 6:30-7:30 a.m. on race day. For more information contact Patti Lombardi 301-874-3431, or [patricia.lombardi@comcast.net](mailto:patricia.lombardi@comcast.net) OR check our website at [cmespta.com](http://cmespta.com)

**CMES 5K/Fun Run Registration Form**

Name \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_ Shirt Size (5K only) - S M L XL XXL

Select one category: \_\_\_\_\_ 5Kwalker \_\_\_\_\_ PTA Member \_\_\_\_\_ CMES Student  
\_\_\_\_\_ Middle School \_\_\_\_\_ High School \_\_\_\_\_ Fun Run (\$10)

Waiver: In consideration of the acceptance of my entry, I hereby release and discharge the Carroll Manor Elementary PTA, FCPS, Frederick Steeplechasers, race volunteers, officials, and all sponsors from all claims or liabilities of any kind arising out of my participation in the event, including injury, loss or damage of property. I have full knowledge of the risks involved in this event and I am physically fit enough to participate. No pets, bicycles, rollerblades/skates, strollers, skateboards, or scooters are allowed on this course, and I hereby agree to adhere to this. Any participant who goes off course will forfeit all rights to any prizes or recognition.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**(If the participant is under the age of 18, a parent or guardian must sign)**