



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

Date: Sunday, October 23rd, 2011
School 5K - 8:00a.m. (RAIN or SHINE)
Kid's 1 mile Fun Run @ 9:00a.m.

Place: Carroll Manor Elementary
5624 Adamstown Road
Adamstown, MD 21710

Awards:

Shirts guaranteed to all pre-registered participants (5K and Fun Run)

Medals for registered Fun Run participants

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

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

Registration: \$20/person on or before October 10th or \$25 same day registration.
\$12 kid's Fun Run on or before October 10th (same day registration accepted)

Make checks payable to: CMES PTA
Submit form and \$\$\$ to: Carroll Manor Elementary School
c/o Joanna Sieger, 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 6:30a.m.-7:30a.m. on race day. For more information contact Joanna Sieger 301/874-0281 or jos1299@comcast.net or check our website at cmespta.com

Complete the back of this page to register.

CMES 5K/Fun Run Registration Form

Name_____ Age_____ Male_____ Female_____

Phone_____

E-mail_____

Shirt Size: YOUTH S M L

ADULT S M L XL XXL

Circle One: 5K walker PTA member CMES student

Middle School High School Fun Run (\$12)

Waiver: In consideration of the acceptance of my entry, I hereby release and discharge the Carroll Manor Elementary School 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.

Print Name_____

Signature_____ Date_____

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