



# Lewistown Elementary School Tiger Trot 5K and 1 Mile Fun Run/Walk

**Date:** Saturday, May 8, 2010  
(rain or shine)

**Time:** 7:30am – Packet pick-up and race day registration  
8:30am – 1 Mile Fun Run  
9:00am – Tiger Trot 5K

**Race Location:** 11119 Hessong Bridge Road  
Thurmont, MD 21788

**Refreshments:** food and water provided  
after the race

**Park at the Lewistown Fire Hall on the right side of the building – Please, do not park on the grass; short walk from your car to the elementary school**

**Course Information:** 5K course – a certified, scenic, rural road course  
1 Mile Fun Run/Walk – out and back road course

**Awards:** All pre-registered participants guaranteed T-shirts  
Awards to top 3 overall male finishers, top 3 overall female finishers, and top 3 age group finishers (U10, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)  
Ribbons awarded to every participant

**Registration Fee:** \$15.00 per person on or before April 16, 2010 or \$20.00 per person thereafter or on race day; (Maximum: \$45.00 per family)

**Make checks payable to Lewistown Elementary School**

**Mail entry form and fee to Lewistown Elementary School-see address above**

**For More Information:** Contact Joe Basford at 240-236-3720

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**Lewistown Elementary School – Tiger Trot 5K / 1 Mile Fun Run/Walk**

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_  
Address \_\_\_\_\_ Telephone \_\_\_\_\_  
Email Address \_\_\_\_\_

**Circle Race:** 5K and/or 1 mile

**Circle T-shirt size:** YM YL AS AM AL AXL AXXL

Additional Participating Family Members

Name \_\_\_\_\_ Age \_\_\_\_ Gender \_\_\_\_ T-shirt size \_\_\_\_ **Circle race:** 5K and/or 1 mile  
Name \_\_\_\_\_ Age \_\_\_\_ Gender \_\_\_\_ T-shirt size \_\_\_\_ **Circle race:** 5K and/or 1 mile  
Name \_\_\_\_\_ Age \_\_\_\_ Gender \_\_\_\_ T-shirt size \_\_\_\_ **Circle race:** 5K and/or 1 mile

Waiver: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge Lewistown Elementary School, FCPS, Frederick Steeplechasers, race volunteers and officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event, including injury, loss or damage to personal property, or the carelessness on the part of the persons named in the waiver. I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to run/walk in this event. Further, I grant permission to all of the foregoing to use any photograph, or recordings of this event for legitimate purposes. I understand that no pets, bicycles, rollerblades/skates, or scooters are allowed on the 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.)