

# Ready... Set... RUN!

Benefitting the LHS Alumni Scholarship Fund

## Green & White 5K Run/Walk

Saturday, April 16, 2016

8:00 a.m.

At the Livingston High School



***First 200 registered by April 5,  
2016 will receive a free t-shirt!***

Medals will be awarded to 1st, 2nd and 3rd place male and female in each age group.

**7:30 a.m. race day registration available for \$25**

Trophy for the largest group participation. Group name if applicable: \_\_\_\_\_

\$15 - 1 Mile (12 and under)

Shirt Size: Youth: YS  YM  YL

\$20 - 5K Run/Walk

Adult: S  M  L  XL  2XL

**Age Group:**  5-9  10-12  13-15  16-19  20-29  30-39  40-49  50-59  60+

Name (Print): \_\_\_\_\_ Age (on race day): \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Address: \_\_\_\_\_ City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail (only for race updates): \_\_\_\_\_

### WAIVER AND ASSUMPTION OF RISK:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running including but not limited to falls, contact with other participants, the effects of the road and traffic; all such risks being known by me. Having read this waiver and knowing these facts, I, for myself, and my heirs and assigns, and anyone else entitled to act on my behalf, do waive and release the LHS Alumni Association, and all sponsors, their directors, officers, and volunteers from all claims of liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race, even though that liability may arise from negligence or carelessness on the part of the persons named in the waiver.

Signature (parent if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

**Mail completed form & payment to: LHS Alumni Association P.O. Box 1555 Livingston, TX 77351**

**For more information contact Patricia Snook 936-328-0128**