Oakland - Mountain Lake Park Lions Club

AUTUMN GLORY
5K run & 2-mile Walk for Sight

Saturday, October 9,2010

PROCEEDS BENEFIT SIGHT AND HEARING IMPAIRED

When: Saturday, October 9, 2010- Registration starts at 7:00 am. Race starts at 8:30 a.m. **Prompt!**
Where: Race starts and ends at Broadford Lake Park in east Oakland
Course: 5K Run, 2 Mile walk. *Scenic, flat and fast course!*
Awards: Award to first and second male and female finisher in 5K and 2-mile walk
Awards to the top three finishers in each age group . No duplication of awards
Age Groups: 13 & Under; 14-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-80; over 81.

GRAND PRIZE DRAWING: Trek Mountain Bike
(Must be present and participate in race to be eligible for all prizes)

Registration: $18.00 if received by October 1, 2010. Souvenir shirt to the first 100 entrants
$20.00 late registration after October 1, 2010 and day of race.
(Add $2.00 for **XXL shirt**)
Make checks payable to: Oakland - Mtn. Lake Park Lions Club
Mail to: Frank Lewis / 545 Garrett Road / Oakland, MD 21550

Information: Call Frank 301-334-1584 or download an entry form online at www.TriStateRunnur.com
PLEASE NO PETS

COMPLETE, SIGN, PLEASE TEAR OFF BOTTOM PORTION & RETURN WITH REGISTRATION FEE

REGISTRATION FORM - **PLEASE PRINT**:

Name: _____ Age on 10/9/10 _____ Sex: Male □ Female □

Address _____
Street City State Zip Code

Sweatshirt (Circle one): S M L XL XXL ($2 extra) 5K Run: □ 2 Mile Walk □ Phone (_____) _____

Waiver of Liability; In consideration of the acceptance of my entry in the Autumn Glory Run/Walk for Sight, I certify I am physically fit to participate and I do agree to be bound by all the rules of the race and all decisions of the official judges. I assume all risk associated with running in this race, including, but not limited to falls, contact with other runners, the effects of weather, traffic and the condition of the road; all such risks being known and appreciated by me. I do hereby forever release and discharge Oakland - Mtn. Lake Park Lions Club, all race officials, all volunteer workers, and any other race sponsors and their representatives, successors, and assigns of all foregoing from any and all claims courses of action or suits, which I or my heirs or assigns, shall or may have arising from or as a result of my participation in the said race to be held on October 9, 2010.
. I hereby consent to use of my name and /or photograph in connection with publicity about the race.

X _____ X _____
Signature of Participant Signature of Parent/Guardian (If under 18)