



Spring Into Spring 5K Fun Run/Walk
**To benefit Greely High School Boys and Girls Lacrosse
 and the Cumberland Food Pantry**

Registration Form

Date:	Saturday, April 11, 2015	<i>Awards for top male and female finishers in each age class and finishers with the craziest outfits!</i>
Time:	8:00am (shotgun start)	
Place:	Start and finish at Greely High School Cumberland Center, ME	
Distance:	5K walk / 5K run	
Check-In:	In front of Greely High School, 303 Main St., from 7:00am-7:45am	

***Each participant encouraged to bring a non-perishable item for the
Cumberland Food Pantry***

I wish to register as follows (please complete one form per runner):

<input type="checkbox"/> Youth (12 and under)	<input type="checkbox"/> Seasoned Adult (40-59)
<input type="checkbox"/> Teen (13-19)	<input type="checkbox"/> Experienced Adult (60+)
<input type="checkbox"/> New Adult (20-39)	

Registration is \$15/participant. All registrations received after April 5 (postmarked by April 1) and same-day registrations will be \$20. Checks should be made out to "Greely Boys Lacrosse". Family registration rate is \$25 for more than two immediate family members.

Online registration can be found at: www.runsignup.com

Print Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Gender: M or F (please circle) Age on April 11, 2015: _____

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of weather, including heat, humidity and/or cold, traffic and conditions of the road, sidewalk and Greely High School, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running/walking fun run and race, I, for myself, my heirs, executors and administrators, successors and assigns, and anyone entitled to act on my behalf, waive and release Greely High School, Greely High School Boy's Lacrosse Boosters, the race committee, and officers, directors, members, agents and volunteers, from all claims or liabilities of a kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature of Participant (If runner/walker is under 18 years of age, then parent/legal guardian must sign)

Send completed application with check ("Greely Boys Lacrosse") for entry fee to:

Bonnie Vance
 8 Blanchard Rd.
 Cumberland, ME 04021