

Live Oak High 5K Run/Walk and 1 Mile Fun Run

October 15, 2011

TIME: 1 Mile Fun Run 8:00 AM / 5K 8:30 AM
 COST: 5K: Preregistered: \$15 adults, \$12 students
 1 Mile Fun Run: Preregistered: \$10
 REGISTRATION DUE: Preregistration entries due October 3rd

Race day Registration at Live Oak High School from
 7:00 – 7:30 AM (\$20 for everyone)

PLEASE MAKE CHECKS PAYABLE TO:

Live Oak High School
 PO Box 590
 Watson, LA 70786

Packet pick up for preregistered runners/walkers
 available Thursday October 13th from Noon – 7 PM
 Live Oak High School Front Office



****Donation Option:** If you would simply like to make a donation and receive a shirt but do not wish to walk/run, you may send a check for \$15. You may pick your shirt up at preregistration or on race day. Please indicate your shirt size below and circle DONATION.

Entry Form

Indicate T-Shirt Size: Adult: S M L XL XXL **or** Youth: S (6-8) M (10-12) L (14-16)

Name: _____

Mailing Address: _____

City/State/Zip: _____ AGE: _____ BIRTHDATE: _____ Circle: MALE FEMALE

Phone Number: Area Code & Number: _____ REGISTRATION FOR: 5K 1 MILE BOTH DONATION

Participation Legal Waiver: Please send waiver along with Check for Race Entry. I know that running and/or volunteering to work in the Live Oak High 5K run is a potentially hazardous activity. I should not enter and/or run in the activities unless I am medically able and properly prepared and/or trained. I agree to abide by any decision of the race/event officials relative to my ability to safely compete or assist in this organization's activities. I assume all risks associated with running and/or volunteering to work in the Live Oak High 5K run including, but not limited to—falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry for racing, I, for myself and for anyone entitled to act on my behalf waive and release Live Oak High School and Livingston Parish School Board, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Live Oak High School 5K run, even though the liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of my participation in the Live Oak High School 5K run for any legitimate purpose.

Signature _____ Date: _____

*Parent/Guardian Signature: _____ Date: _____

(*required if participant is under 18 years old) Grade Level of Student: 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th

For additional information, please call: (225) 665-8858.