



The 2<sup>nd</sup> Annual **Lions' Roar 5K/1K** will take place on Saturday, April 17<sup>th</sup>. The **Lions' Roar** is hosted by Our Lady of Lourdes School community and all proceeds go directly to the school. Funds are used for financial aid to current families, for capital improvements to the school building, and to support state-of-the-art technology innovations in the school.

Be part of the 2010 Our Lady of Lourdes **Lions' Roar 5K/1K Run/Walk**. Make a difference in the lives of children!

## Registration Form

- Date of Event:** Saturday, April 17, 2010 at 9:00 a.m.
- Registration Fee:** \$25.00 per person for the 5K Run until April 12<sup>th</sup>  
 \$35.00 per person for the 5K Run after April 12<sup>th</sup> through race day
- How to Register:** Register on-line at [www.lionsroar5k.com](http://www.lionsroar5k.com) through April 14<sup>th</sup> or pick up a registration form in the lobby of OLOL School. OLOL is located at 7500 Pearl St., Bethesda, MD. Paper registration forms must be received by 6:00P on April 14<sup>th</sup>. Race Day Registration begins at 7:30A at the front of the OLOL school. No registrations accepted after 8:30A.
- Packet Pick-Up:** All pre-registered runners/walkers can pick up race packets in the OLOL School Cafeteria on Friday, April 16<sup>th</sup> from 4:00P to 8:00P. On Race Day, pick up will be from 7:30 to 8:30A.

### Race Route -----

The 5K Run starts and finishes at OLOL School, winding through Bethesda. For course description, visit [www.lionsroar5k.com](http://www.lionsroar5k.com). Join us after the run on the OLOL Novak field for entertainment, games, contests, food/beverages and an awards ceremony.

**NOTE:** No strollers, headphones or animals are permitted during the 5K race

### 1K Fun Run/Walk -- Entry Fee is \$20.00 for all participants (including children in strollers)

The 1K Fun Run/Walk begins immediately after the 5K and strollers are permitted. Due to the large number of entries for the 1K and because this is a fundraiser, everyone who walks, runs, or rides the 1K course must register.

### Sponsor/Donation for Runner -- \$10 \_\_\_\_ \$20 \_\_\_\_ \$25 \_\_\_\_ Other \$ \_\_\_\_

\_\_\_\_ Yes, I will sponsor this Runner for the amount designated and my payment is attached.

\_\_\_\_ My donation is attached.

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Address: \_\_\_\_\_

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#### OFFICIAL LIONS' ROAR 5K AND 1K FUN RUN REGISTRATION FORM

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel: \_\_\_\_\_ E-mail: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Male  Female

T-Shirt Size:

Adult  S  M  L  XL

Child  S  M  XXL  XXXL

Race Distance:  5K  1K

**Waiver:** I hereby acknowledge that participation in a road race is an inherently dangerous activity. I understand that risks include serious injury or death, from such hazards as weather conditions, falls, contact with the road, motor vehicle traffic, contact with other participants, and other potential hazards. I acknowledge that I should not enter or participate in this event unless I am medically able and properly trained. For the sole consideration of allowing me to participate in this event, I hereby release and forever discharge Our Lady of Lourdes Catholic School, their members individually and their officers, agents, employees, event promoters, sponsors and race volunteers from any and all claims, demands, rights and causes of action arising from any personal injury, property damage, or the consequences thereof, resulting from or in any way connected with my participation in this activity. Further, I grant permission to all of the foregoing to use any photographs or any other record of this event for legitimate purpose without compensation to me. I understand that entry fees are not refundable. I certify that I am at least 18 years of age and that I have read and understood the above.

Participant Signature \_\_\_\_\_

Date \_\_\_\_\_

Check # \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_