

Maverick Mile Run / Walk

Bib #

Estimated Mile Time:

- **What:** 1 mile run / walk ½ & ¼ mile kids run
- **Where:** La Costa Canyon High School Stadium
- **When:** Saturday May 12th, 2012 9:00 am

Entry Fee: \$20.00 LCC Students \$10.00 Kids Run Free

- All participants will receive a race t-shirt and sponsor goodies.

Race day registration – available from 7:00 - 8:30am on Saturday, May 12th at LCCHS Stadium.

Course: Event will be run in heats based on your estimated mile time.

Entry Form, 1 Mile Run / Walk (please print legibly)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ DOB _____ Age: _____

Phone _____ T-Shirt: SM MD LG XL

MALE **FEMALE** **KIDS ½ MILE** **KIDS ¼ MILE** **10 & Under** **11-12**
13-14 **15-16** **17-18** **19-24** **25-29** **30-39** **40-49** **50-59** **60-69** **70+**

Check* Cash

*Make Checks payable to: **LCC Foundation**

Please read and understand the following:

WAIVER – SIGNATURE & DATE REQUIRED – Please read carefully before signing

By participating in physical training, testing, and racing activities, I acknowledge and accept and assume the risk inherent therein. I certify that I am physically fit and have not been advised against participation by a qualified health professional. I WAIVE, RELEASE, AND DISCHARGE from any and all claims, losses or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damage of any kind, including economic losses, which may in the future arise out of or relate to my participation in the event(s) discussed above or racing activities, LCCHS, and all agents, officers, sponsors, and related staff. THIS RELEASE INCLUDES CLAIMS, LOSSES, OR LIABILITIES ARE CAUSED OR CLAIMED TO BE THE RESULT OF THE NEGLIGENT ACTS OR OMISSIONS OF THE PERSONS I AM RELEASING OR ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF ANY OTHER PERSON OR ENTITY. I assume the risks of running in any racing event. I also assume any and all other risks associated with the event or racing activities, including but not limited to falls, or effect of any other participants, effects of weather, including heat and/or humidity, defective equipment, the condition of the running surface, water hazards, contact with other runners, and any hazard that may be posed by vehicular traffic or pedestrians, all such risk being known and appreciated by me. I further acknowledge that these risks include risks that may be the result of the negligence of the persons released herein. I agree to indemnify and hold harmless the persons released herein from any and all claims made or liabilities assessed against them as a result of my actions or inactions related to the above event(s).

It is further understood that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I affirm that I am eighteen (18) years of age or older. I have read, understand and agree to the terms of the above waiver.

Name _____ Date _____
(Participant)

Signature of parent or legal guardian if athlete is under the age of 18 years old:

Name _____ Date _____
(Parent or Guardian)