



Annual Friends, Families, and Alumni of LHS Cross Country Road Race

Friday, November 27, 2009

Time: 10:00am

Place: race-day registration (9:30am) near bike path at the back of Lincoln Park on Lincoln Street, Lexington

Distance: 2.9 miles through hilly residential area

Entry Fee: \$15 in advance, \$20 race-day registration

Awards: Top 3 male and female finishers

Sponsors: Greater Boston Running Company, Tricon Sports

Proceeds: Benefit the LHS cross country, indoor track, and outdoor track teams

Contact: LHSXC.roadrace@gmail.com

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MAIL-IN ENTRY FORM

checks payable to:
LHS Track

mail entry form to:
LHS XC Road Race
c/o Maeda
54 Munroe Road
Lexington MA 02421

Name: _____ **M** **F**

Address: _____

City, State, Zip: _____

Daytime Phone: _____

Email: _____

Age on Race Day: _____ **Date of Birth:** _____

Current LHS XC team? **yes** **no**

Alumni of LHS XC/Track? **yes** **no**

Please read and sign waiver:

I know that running is a potentially hazardous activity. I should not enter or run this event 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. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of 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 registration form, I, for myself and anyone entitled to act on my behalf, waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any 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. All fees are nonrefundable.

Signature

Date

Parent's Signature if under 18