

5K Run by the Lake

Entry Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Age day of race: _____ Sex: M F FEE: \$20.00

\$10.00 for 18 and under

If you are under 18 years on the day of the race you will need a parental signature due to road race insurance requirements. I understand that running or walking is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of any race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, effects of weather, including high heat/humidity, traffic and the conditions of the road and all risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release the Tripp Lake Association and the Poland Recreation Department and any sponsors of this event, their representatives and their successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature:

Parent Signature if under 18 years of age:

T-shirt size S M L XL

Please mail this form and check to:

TLIA/Race

P.O. Box 33

Poland, Maine 04274

[Or register online at:](#)

