



“Run for the Lakers” 5K

Saturday, June 23, 2018 – 9 AM

Please check in between 8:15 – 8:45 AM * Registration is also available on race day *

The “Run for the Lakers 5K” will begin at 5519 Imhoff Avenue in Howard Lake, and will travel around the lake, ending at Memorial Park. This is a 5K road race/fun run/walk. The race course is mainly paved with a small section of gravel road. The proceeds will benefit the HLWW Lakers Track and Cross Country teams and will be used to purchase jerseys and field equipment. **Trophies will be awarded to 1st place male and female finishers. Medals will be awarded to 1st and 2nd place male and female age bracket finishers.**

* All entrants will be eligible for several drawings held at the end of the race! Some of the prizes will consist of restaurant gift certificates and Gear West gift certificates. We hope to see you at the starting line! *



Name _____
 Address _____
 City _____
 State & Zip _____
 Phone _____
 Email Address _____
 Referred by _____

Male/Female _____

T-Shirt Size (included w/registration fee)

XS S M L XL XXL

Age Brackets _____ 0-5 _____ 6-9
 _____ 10-14 _____ 15-19 _____ 20-29 _____ 30-39 _____ 40-49 _____ 50-59 _____ 60+

Registration Fee is \$25.00. Registration Fee for children 9 and under is \$10.00. Registration Form & Fee MUST be postmarked by June 18th, 2018 so you can ensure you receive your t-shirt.

Make Check Payable to:

Beth Hammer

Mail Check & Registration Form to:

Beth Hammer, Race Organizer

Questions? Call Beth @ (320) 282-0921

155 Dutch Lake Trail

Howard Lake, MN 55349

Waiver Statement: (Must be signed by entrant or parent, if under the age of 18)

In consideration of the acceptance of this registration entry, I, the undersigned, assume full and complete responsibility for any injury or accident that may occur while participating in this event or when on the premises of this event. I hereby release and hold harmless the race organizer, sponsors, and all other persons from any and all claims for injury or damage arising from entrant's participation in this event. I assume all risks associated with participation in this event. Fees are non-refundable. I have read the above and agree by signing.

Signature: _____

Date: _____

www.howardlakegoodneighboradays.webs.com

www.raceberryjam.com

School link = www.hlww.k12.mn.us