

# Kentlands / Lakelands 5K

## Sept 4, 2010



Entry Fee: 5km Run or Walk \$26 (before 8/16) \$30 (8/16- 8/31) \$35 (9/2+9/3) \$40 (9/4)  
Children's Runs \$12 (at all times)

Check Payable: Kentlands Community Foundation

Mail To: Kentlands Community Foundation  
267 Kentlands Blvd. Box 200  
Gaithersburg, MD 20878

Event:  5km Run or Walk  Children's Runs

First Name

Last Name

Address

City

Age

Email

Phone

No team registration or changes on race day

Team Name (if applicable)

TEAM CATEGORY:  Father/Son  Father/Daughter  
 Mother/Son  Mother/Daughter  Husband/Wife  
 Brother/Sister  Sister/Sister  Brother/Brother

Credit Card Number

Exp. Date

Name on Card

Charge on Credit Card will indicate Kentlands/Lakelands 5K Only Master and Visa accepted

### SAFETY CONSIDERATIONS: No: Strollers, baby joggers, skates, pets, or headsets permitted in the 5km

I know that running is a potentially hazardous activity. I should not enter and run in the race 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 compete in the run. I assume all risks associated with running including, but not limited to, falls, weather conditions, contact with other participants, the effects 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, I, for myself and anyone entitled to act on my behalf, waive and release the Montgomery County Road Runners Club, the City of Gaithersburg, the Kentlands Club, the Kentlands Citizens Assembly, the Kentlands Community Foundation, USATF, plus all event partners, sponsors, and volunteers, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this race even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose without compensation to me. No: strollers, baby joggers, bicycles, skates, pets, or headsets permitted. Athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field Regulation 10 and IAAF Rule 55. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC hot line at 800-233-0393.

For safety reasons I agree not to run with any of the following: strollers, baby joggers, skates, pets, or headsets.

PARTICIPANT'S SIGNATURE (Mandatory) Must be signed by parent or guardian if entrant is under age 18. Unsigned or illegible entries will be rejected.