



Lewistown Elementary School

5th Annual Tiger Trot 5K and 1 Mile Fun Run/Walk

Date: Saturday, April 25, 2015
(rain or shine)

Time: 7:30am – Packet pick-up and race day registration
8:30am – Tiger Trot 5K
9:30am – 1 Mile Fun Run

Proceeds benefit the students of LES.

Awards/Door Prizes immediately after Fun Run

Race Location: 11119 Hessong Bridge Road
Thurmont, MD 21788

Refreshments: food and water provided
after the race

Park at the Lewistown Fire Hall on the right side of the building – Please do not park on the grass; short walk from your car to the elementary school

Course Information: 5K course – a certified, scenic, rural road course
1 Mile Fun Run/Walk – out and back road course

Awards: All pre-registered (by April 11, 2015) participants guaranteed a T-shirt
Awards to top 3 overall male finishers, top 3 overall female finishers, and top 3
age group finishers (11U, 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)

Mail entry form and fee to Lewistown Elementary School PTA - see address above

For More Information: Contact Cindy Burnsteel at cburnsteel@yahoo.com or 301-788-2838

Lewistown Elementary School – Tiger Trot 5K / 1 Mile Fun Run/Walk

Name _____ Age _____ Gender _____

Address _____ Telephone _____

Email Address _____

Fee: \$20.00 per person (Maximum of \$45.00 per family) on or before April 11, 2015 \$ _____
\$25.00 per person thereafter (Maximum: \$50.00 per family) \$ _____
**If only doing 1-Mile Fun Run: \$10.00 per person (Maximum: \$25.00 per family) \$ _____
ADDITIONAL DONATION \$ _____
TOTAL \$ _____

Make checks payable to LES PTA

Circle Race (one or both): 5K and/or 1 mile **Circle T-shirt size:** YM YL AS AM AL AXL

Additional Participating Family Members

Name _____ Age _____ Gender _____ T-shirt size _____ **Circle race:** 5K and/or 1 mile
Name _____ Age _____ Gender _____ T-shirt size _____ **Circle race:** 5K and/or 1 mile
Name _____ Age _____ Gender _____ T-shirt size _____ **Circle race:** 5K and/or 1 mile

Waiver: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge Lewistown Elementary School, FCPS, Frederick Steeplechasers, race volunteers and officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event, including injury, loss or damage to personal property, or the carelessness on the part of the persons named in the waiver. I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to run/walk in this event. Further, I grant permission to all of the foregoing to use any photograph, or recordings of this event for legitimate purposes. I understand that no pets, bicycles, rollerblades/skates, or scooters are allowed on the course, and I hereby agree to adhere to this. Any participant who goes off course will forfeit all rights to any prizes or recognition.

Signature: _____ Date _____

(If the participant is under the age of 18, a parent or guardian must sign.)