

KICKING & SCREAMING



LHS SOCCER 5K

January 27th 2018 @ 8:00am

5k Run/Walk

Lowndes High School

1606 Norman Dr

Valdosta, GA 31601

For more information and registration please go to www.lowndessoccer.com

All proceeds will benefit the LHS Soccer Team

LHS Soccer Kicking and Screaming 5K January 27th 2018 @

8:00am

5k Run/Walk LHS High School 1606 Norman Dr Valdosta, GA 31601

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PACKET PICK UP 7:00am outside LHS football fieldhouse the morning of event
POST RACE refreshments

- CHECK PAYABLE TO: LHS Soccer • Credit Cards can be used to register online

FIRST NAME _____ LAST NAME _____

STREET ADDRESS _____

CITY _____ STATE _____ Zip _____

DATE OF BIRTH mm/dd/yy ____/____/____ AGE ____ SEX

(CIRCLE ONE) M F SHIRT SIZE

(CIRCLE ONE) YS YM S M L XL XXL (add \$1.50)

ENTRY FEES: \$25 Before 1/13/16 \$30 After and RACE DAY

ENTRANTS

*****PLEASE NOTE*** NO SHIRT IS GUARANTEED FOR ENTRIES RECEIVED AFTER January 15th.**

*register online got to www.lowndessoccer.com for information or by mail: @ Lowndes soccer 1606 norman dr Valdosta Ga, 31601

Age groups 10 & Under, 11 to 14, 15 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69, 70 & Over *awards for first place in every division

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW I know that running kicking and screaming road race is potentially hazardous activity, which

could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road [insert any specific risks here, e.g. "the alligators who bask in the sun at the corner of 4th and Sunset St..."], all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release kicking and screaming, the city of Valdosta, 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.

Signature (parent or guardian required if under 18)

Date _____

Questions? Call Jordan Breit and 226-245-2260,
jordanbreit@lowndes.k12.ga.us

