

"RUN TO REMEMBER"

At Crescenta Valley Park

5K CROSS COUNTRY FAIR RUN / WALK

ENTRY FORM *Saturday, April 5, 2014*

Check In at CRESCENTA VALLEY PARK
3901 Dunsmore Avenue, La Crescenta, CA
(at Dunsmore & Honolulu Avenues)

CHECK IN BEGINS 7 AM.
5K RUN STARTS 8:15 A.M.

FEE: \$20 Includes participant Medal

- Event will take place, rain or shine
- Entry fee is non-refundable

NAME (LAST) _____ (FIRST) _____

ADDRESS _____

CITY ZIP _____ PHONE _____

EMAIL ADDRESS _____

PARTICIPATING IN: _____ 5K Run _____ 5K Walk

SEX: M F AGE GROUP: 12 & under 13-19 20-29 30-39 40-49 50-59 60-69 70-79 +

HOW DID YOU HEAR ABOUT THIS EVENT? _____

One participant per Entry Form. Please read:

PARTICIPANT WAIVER: In consideration of the acceptance of my entry in the "Run to Remember" 5K Run/Walk to be held April 5, 2014 in La Crescenta, California, I, the undersigned (or, I the undersigned parent or guardian if participant is under 18 years of age,) my heirs, executors, administrators and assigns, hereby waive and release any rights, claims or damages I have against the VFW/American Legion, its officers and directors, County of Los Angeles and event sponsors for any and all damages which may be sustained or suffered by me/us in connection with or entry in and/or arising out of or traveling to this event. I/we attest and verify that I/we have full knowledge of the risks involved in this event and that no physician or other qualified individual has advised me against competing in this 5K event.

Proceeds will go to Local Community Veteran Programs

Participant name _____ Signature _____ Date _____

Parent or guardian name _____ Signature _____ Date _____
(If participant under 18 years of age.)

You may register & pay at the event or
MAIL THIS FORM WITH FEE TO: **American Legion Post 288, PO Box 223 Montrose, CA 91021**
818-541-1336 or email to: post288@aol.com