

*Third Annual Lyseth Trails for Technology 5K Walk/Run  
& Kids ½ Mile Fun Run*

Saturday, NOVEMBER 5, 2016 – 9:30a.m. (fun run) & 10a.m. (5K)

Lyseth Elementary School  
175 Auburn St. Portland, ME 04103



**Registration Form**

Full Name: \_\_\_\_\_

Gender: Male / Female (circle one) Age: (on race day) \_\_\_\_\_ Activity: Running / Walking (circle one)

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal \_\_\_\_\_

Country: \_\_\_\_\_ Family/Team \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Shirt Size: (CIRCLE ONE) Adult S M L XL Youth S M L Event: (circle one) 5K - Kids fun run

**These are men's shirt sizes**

**EVENT INFORMATION:** Support technology improvements in Lyseth classrooms! Our host, the Lyseth PTA, strives to augment the already stretched school budget and *we need your help!* Come out and enjoy this fun, family and community walk/run in Portland's quiet North Deering neighborhood. Kids fun run starts at 9:30 am (free to all participants), followed by 5K walk/run at 10am.

**RACE FEE:** Adult registration \$22 with Shirt, \$15 with out a Shirt. Youth (12 and under) \$12 with Shirt, \$5 with out a Shirt (\$20 per person for families or teams of 4 -15). Kids fun run free! The price will go up for participants registered after October 31<sup>th</sup> Please make checks payable and sent to: **Lyseth 5K, 175 Auburn St. Portland, ME 04103**

**EVENT DISCLAIMER:** Please review the following waiver and disclaimer. **By adding your signature, you accept this waiver and disclaimer.** Waiver and Release: By participating in this Event, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property that might result, including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the organizers of this event, its principals, its officers & directors, its employees, all sponsors and their representatives and employees from any and all claims or causes of action (known or unknown) arising out of their negligence. I acknowledge that I have carefully read this 'Waiver and Release' and fully understand that it is a release of liability. By my signature below, I am waiving any right that I may have to bring legal action to assert a claim against any and all Event sponsors for their negligence. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video or print media reporting or advertising of the Event without compensation.

**I AGREE Sign here:** \_\_\_\_\_