

Lakefair 8K & 3K Road Race/Walk

To register, go online or
mail in your information

Saturday July 18, 2009

www.ontherunevents.com/lakefair

Entry Fees:

- Race and no t-shirt before 7/7/09 \$10.00
 - Race and t-shirt before 7/7/09 \$30.00
 - Race and no t-shirt after 7/7/09 \$15.00
 - Race and t-shirt after 7/7/09 \$35.00
- (Day of Race t-shirt not guaranteed!)

Please make checks payable to: CCMA, P.O. Box 1681 • Olympia, WA 98507
For more information or to volunteer call 360-705-2580

Please Thank Our Sponsors: Harbor Wholesale Grocery, OntheRunEvents.com , Black Hills Landscaping, Capital Awards, New Balance, South Sound Running, RRCA, Kaufman Bros Construction, Lew Rents, Body Mechanics School of Massage.

A Special Thanks to the City of Olympia and the State of Washington.

Lakefair Run 2008
CCMA • P.O. Box 1681
Olympia, WA 98507
www.ontherunevents.com/lakefair

8K Run 8:00 am 3K Run/Walk 8:05 am

Waiver of Liability: I know that running a road race is a potentially hazardous activity. I should not enter and run 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 complete the run. 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/humidity, the conditions 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, and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the cities of Olympia, Tumwater, and the State of Washington, Capital High School, CCMA, Lakefair Association, Road Runners Club of America, all sponsors, volunteers and 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. I grant my permission to all of the foregoing to use photographs, motion pictures, recordings, or any other record of this event for legitimate purpose. I also understand that my entry fee is non refundable. A parent must sign if entrant is under 18 years of age. This is to certify that my child has permission to compete in this event, is in good physical condition and the event officials may authorize necessary medical treatment. I understand that this event is RRCA sanctioned and that bicycles, skateboards, baby joggers or strollers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

Signature of Participant _____ Date _____ Signature of Parent/Legal Guardian _____ Date _____
if participant is under 18

Name First/Last _____

Address/City/State/Zip _____

Phone _____ e-mail _____ DOB _____

T-Shirt Size Adult sizes only S M L XL XXL

Age Division/Awards: Awards will be given to the first three male and female finishers of the 8K and 3K runs in the following age divisions: (Please Check Appropriate Box)

Open	Open Masters	Super Masters
<input type="checkbox"/> 14 & Under	<input type="checkbox"/> 40-44	<input type="checkbox"/> 50-54
<input type="checkbox"/> 15-19	<input type="checkbox"/> 45-49	<input type="checkbox"/> 55-59
<input type="checkbox"/> 20-24	<input type="checkbox"/> 35-39	<input type="checkbox"/> 60-64
<input type="checkbox"/> 25-29		<input type="checkbox"/> 65-69
<input type="checkbox"/> 30-34		<input type="checkbox"/> 70 & over
		<input type="checkbox"/> wheelchair