Lobster Crawl 5k

5k Run/Walk benefiting Monroe County Special Olympics

June 23rd, 2012

**Entry Fee:** $20 Preregistration postmarked (or online) no later than June 11th

$10 for Kids 12 and Under

$25 Registration June 12th thru the day of the run/walk

**Included:** With entry fee you will receive a t-shirt and refreshments. \*\*T-shirts only guaranteed if you pre-register.\*\* Recognition for top finishers in all divisions. Raffle prizes!

**Packet Pick up:** Pick up will be same day as race starting at 8am

**Run/Walk Starts:** 9am

**Location:** Munson Park 2770 N. Custer Monroe, MI 48162

For more information please email [lobstercrawl@hotmail.com](mailto:lobstercrawl@hotmail.com)

**YOU CAN ALSO REGISTER ONLINE:** [**http://lobstercrawl.weebly.com/**](http://lobstercrawl.weebly.com/)

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age on Race Day\_\_\_\_\_\_\_Sex: M\_\_\_\_\_F\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip Code\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age on Race Day\_\_\_\_\_\_\_ Sex: M\_\_\_\_\_F\_\_\_\_\_

T-shirt size S M L XL Kids: S M L XL

**Please Mail this form back to:** Po Box 153 Lasalle, MI 48145

**Make Checks Payable to: Monroe County Special Olympics**

Release/Hold Harmless (must be signed by parent or legal guardian if under 18 years of age) I (or my child) am a voluntary participant in the 5K Lobster Crawl and herby acknowledge that I (or my child) is in good physical condition to participate. By signing below, I agree, for myself, my heirs, executors, administrators, and assignees, to release and hold harmless the Special Olympics, their employees, board members and volunteers as well as sponsors, coordinating groups, volunteers, and all parties associated with this activity, for all demands, actions, claims of damage, including bodily injury or death, arising or growing out of my participation in this said event.

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_