

1st Annual 5K "RUN FOR THE LAKE"

REGISTRATION FORM

Sunday, September 12, 2010 – 9:00AM

GEORGIA TOWN BEACH, Georgia, Vermont

Sponsored by: 'Friends of Northern Lake Champlain'

Our Mission is: *To clean and protect the waters of Northern Lake Champlain, we work collaboratively with citizens and government to reduce polluted land-use runoff into Lake Champlain.*

NAME _____

ADDRESS _____ **DOB** _____ **AGE** _____

TOWN _____ **STATE** _____ **ZIP** _____

PHONE _____ **EMAIL** _____

CIRCLE ONE – 5K Run or 1 Mile Walk

T - SHIRT SIZE (Adult Sizes)

CIRCLE: S M L XL

Pre-registration by September 10, 2010 is \$20.00 - Includes race shirt.

NOTE – First 100 pre-registrations received are guaranteed a long sleeve race t-shirt

Race Day Registration is \$25.00

RACE CATEGORIES (circle): Male or Female

Age: U-13 14-18 19-29 30-39 40-49 50-59 60-69 70 and older

I hereby release The Friends of Northern Lake Champlain and all volunteers and sponsors of "The 5K Run to Save the Lake" from any liability for injuries or damages sustained by me or my property in connection with this event as a participant or observer. I further attest that I am physically conditioned to safely participate in this event and do so at my own risk. I realize that I will be running on public thoroughfares that are not closed to traffic and I am fully responsible for my own health, safety and wellbeing.

SIGNATURE _____ **PRINT NAME** _____ **DATE** _____

(Guardian signature required if under 18)

Or--- Register on line - www.northernlakechamplain.org

**Mail to: Franklin County Industrial Development Corp. P.O. Box 1099, St. Albans,
Vermont 05478**

Questions – sarahiggins4@comcast.net

Make checks payable to "Friends of Northern Lake Champlain"