



# American Press Contraband 5-Miler

May 8, 2010 8:00 am Saturday

Where: Capital One Parking Lot One Lakeshore Drive  
 Lake Charles, LA  
 When: Saturday, May 8, 2010  
 Time: **8:00 AM**  
**\$15 to race plus T-Shirt (MUST PRE REGISTER to guarantee shirt)**  
 Race Day Registration: 6:30-7:30 **Race Day Price \$25**

**ONLINE REGISTRATION available at ACTIVE.COM**  
**Club website: www.lakearearunners.com**



Trophies for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> M & F place age categories:

0-11, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 -79, 80+

Detach here, include **check payable to LAR** and mail to:

LAKE AREA RUNNERS, P O Box 1905 Lake Charles, LA 70602

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Name \_\_\_\_\_ Age on race day \_\_\_\_\_

Address \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Email address: \_\_\_\_\_

- \_\_\_\_\_ 5 Miler(\$15)      1 mile fun run for youth immediately following 5 miler conclusion
- \_\_\_\_\_ **Free to 12 and under, 65 and over-no shirt** (please mail by May 1-shirt \$10)
- \_\_\_\_\_ LAR MEMBERS(\$10) contact [brian.fontenot@cpsb.org](mailto:brian.fontenot@cpsb.org) for discount for online registration.

Check T-Shirt Size Adult: \_\_S \_\_M \_\_L \_\_XL \_\_XXL

Waiver: I know running is a potentially hazardous activity. I should not run or have my child run unless I/they are/ am medically able and properly trained. I assume all risks with this run. I, for myself, and anyone entitled to act on my behalf, waive and release the Lake Area Runners, the City of Lake Charles, and sponsors from all claims of liabilities of any kind arising from my participation in this event. By signing this form I indicate I understand and agree.

Runner/Guardian Signature \_\_\_\_\_