

Make check payable to: **Lansdowne Economic Development Corporation**, 23 S. Lansdowne Ave., Lansdowne, PA 19050

Name: _____

Address: _____

City: _____

State: _____ Zip: _____ Phone: _____

Email: _____ Age (as of 5/25/09): ____ Gender: M F

T-shirt size: YS, YM, YL or Adult S, M, L, XL, XXL Event: 5K Run __ 5K Walk __

Release: In consideration of being permitted to participate in this event, I hereby for myself, my heirs, and personal representatives assume any all risks which might be associated with the event and further waive, release, discharge and covenant not to sue sponsors, officials, contributors, organizers, volunteers and beneficiaries or their successors and assignees for any and all injuries or damages of any kind whatsoever suffered by me as a result of taking part in the event and/or any related activities. I also give permission for free use of my name and picture in any broadcast, telecast or other accounts of the event.

Signature: _____ Date: _____

Additional Runners/Walkers (family pack) Max 4 entries

Name	Sex	Age	Shirt size

Waiver Signature: _____ Date: _____
_____ 5K Run __ 5K Walk __

Waiver Signature: _____ Date: _____
_____ 5K Run __ 5K Walk __

Waiver Signature: _____ Date: _____
_____ 5K Run __ 5K Walk __

\$ enclosed: