

ESM Lady Sharks Lacrosse 5k Run/Walk

Also a Fun Run for the little ones 5 and under after the main event, one lap around the track!

This is a 5k Run/Walk that will benefit the ESM Jr.-Sr. High School Girls' Lacrosse Program and Camp Paquatuk of Center Moriches.



When: April 18th, 2010 9:00am Day of Race registration starts at 7:30am

Where: Eastport South Manor Jr.-Sr. High School

Cost: \$20.00 Pre-registered, \$25.00 Day of Race, \$15.00 Students

Course: Flat and Fast!

Age Groups: 7 and under, 8-11, 12-14, 15-18, 19-29, 30-39, 40-49, 50-59, 60+

Sign-up at Powerhouse Gym in Center Moriches and receive a free Day Pass!
(non-members only)
15 Frowein Rd, Center Moriches 631.878.7867

Name: _____ **Your E-mail:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ []M []F **Birth Date:** ____/____/____

Age on Race Day: _____ **T-Shirt Size (S) (M) (L) (XL)**

Waiver: 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 effect of the weather, including high heat and/or humidity, dehydration, traffic, ice and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The ESM School District; The ESM Girls' lacrosse Booster Club; Camp Paquatuck; Island Timing; The Town of Brookhaven; All Sponsors; Race Directors; their agents, servants and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion picture, recordings, and any other record of this event for any legitimate purpose. Roller Blades, Baby Joggers, Animals are prohibited in this race.

Please make checks payable to: ESM Girls' Lacrosse Booster Club, and mail to: PO Box 804, Eastport, NY 11941

Signature: _____ (if under 18, signature of parent or guardian.)

all unreturned race chips will subject the user to an additional \$20.00 charge