

11th Annual Pumpkin Trot 10K Run & 5K R/W

Sponsored by the St. Johns Lions & Lioness Clubs

PLAYMAKERS.COM

WHEN: Sunday **October 11, 2009**; 10 & 5K Race starts at **1:30 PM** Registration of racers will be from 12:00 noon to 12:50 PM at St. Johns City Park.

WHERE: All races will start and finish at the St. Johns City Park in St. Johns.

ENTRY FEE: Registration postmarked on or before **September 30th**- Adults \$20.00; Students of high school age or less- \$15.00; 1K Run- \$9.00; Kids Dash \$7.00
Registration after **September 30th** and on the day of the race is \$24.00 for ; 1K run-\$9.00; Kids Dash -\$7.00

(All Entry Fees are Non Refundable) There will be a free t-shirt to everyone who registers before October 5th.

AGE GROUPS (10 & 5K Run): Male & Female age 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65 and older.

SPECIAL RACES: 1K Run for Boys and Girls -11 & under : **1:00 PM**; Kids Dash for Boys and Girls 6 & under : **12:50; In-Line Skates : 1:35 PM**

The 10 & 5K run will be measured and timed by HRM, and 5K Walkers will be timed.

AWARDS: 1K Run and Kids Dash-T-shirts; 10 & 5K Run- Trophy to male & female overall winners & Masters, Awards to first 3 places in each category;

5K Walkers- Medals will be awarded to first three place winners for both male and female.

REGISTRATION- You can download an application form by logging onto the internet at www.stjohnslions.org and then clicking on pumpkins in the park. **You can register on the internet at <http://compete-at.com>.** You can also mail your completed registration form along with your registration fee(check or money order) to: **St. Johns Lions Club, c/o Lion George Campbell ,P.O. Box 454, St. Johns, Michigan 48879.** If you have questions or need information about the race, please contact Lion George Campbell at: Tel: 989-224-6464, Fax: 989-224-5080, or Email-geokath@voyager.net.

There will be free cider, donuts, fresh fruit, candy and water available before and after the race for all participants.

There will also be free pre and post race massages available to all race participants.

(Printing of this form compliments of Jet Speed Printing)



(Cut along dotted Line)

WAIVER of LIABILITY & RACE APPLICATION

By my participation in this event, I freely acknowledge, understand and accept the following terms and conditions: **(1)** that I know that running/walking in a road race is potentially hazardous and that I will not enter or participate in the run/walk unless I am medically and physically able to do so, and that I have properly trained for running/walking. I further assume all risks associated with running/walking in this event; **(2)** That I further agree to accept and obey all the rules of this race and of any other related events or activities as published or otherwise made known to me; **(3)** That I, for myself, my heirs, executors and administrators, do hereby waive all rights and claims for any injury or damages that I may have incurred in this race/walk against the City of St. Johns, Clinton County, The St. Johns Lions and Lioness Clubs, all sponsors of this event, their agents, representatives, successors and assigns; and **(4)** I hereby give my permission and consent to use any photographs, motion picture film, video tape recordings, or audio recordings taken at this event or related activities, in which I may appear, and that such materials may be used by the St. Johns Lions and Lioness Clubs for any legitimate purpose.

My Signature _____

Signature of Parent
Or Guardian if under 18 _____

My Name _____

Street Address _____

City _____ State _____ Zip _____

Telephone () _____

Divisions: 10 K Run _____, 5K Run _____ or 5KWalk _____; Age _____, Male _____ Female _____.
1K Run _____; Age _____, Male _____ Female _____.

T-Shirt Size: Youth -Medium (Size 10-12) _____ Large (Sizes 14-16) _____

Adult: Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____ (\$2.00 additional charge)

Date of Race: Sunday October 11, 2009 (All Races Start & finish at St Johns City Park)

