



Mud Hen 5K Run at Lake McIntosh 2011



10 am - April 23rd



Sponsored by: City of Longmont
Recreation Services & Natural Resources

www.ci.longmont.co.us/rec/special

Race Day Registration & Packet Pick-up:

9:00 - 9:45am at the shelter on the west end of Dawson Park, along Lakeshore Dr., Sat, April 23.

Credit card registration at active.com

Walk-in registration at St Vrain Memorial Bldg, Centennial Pool, and Longmont Recreation

Center. Mail in registration (checks payable to City of Longmont):

Mud Hen 5K Run, Longmont Recreation,
700 Longs Peak Ave, Longmont, CO 80501

AWARDS

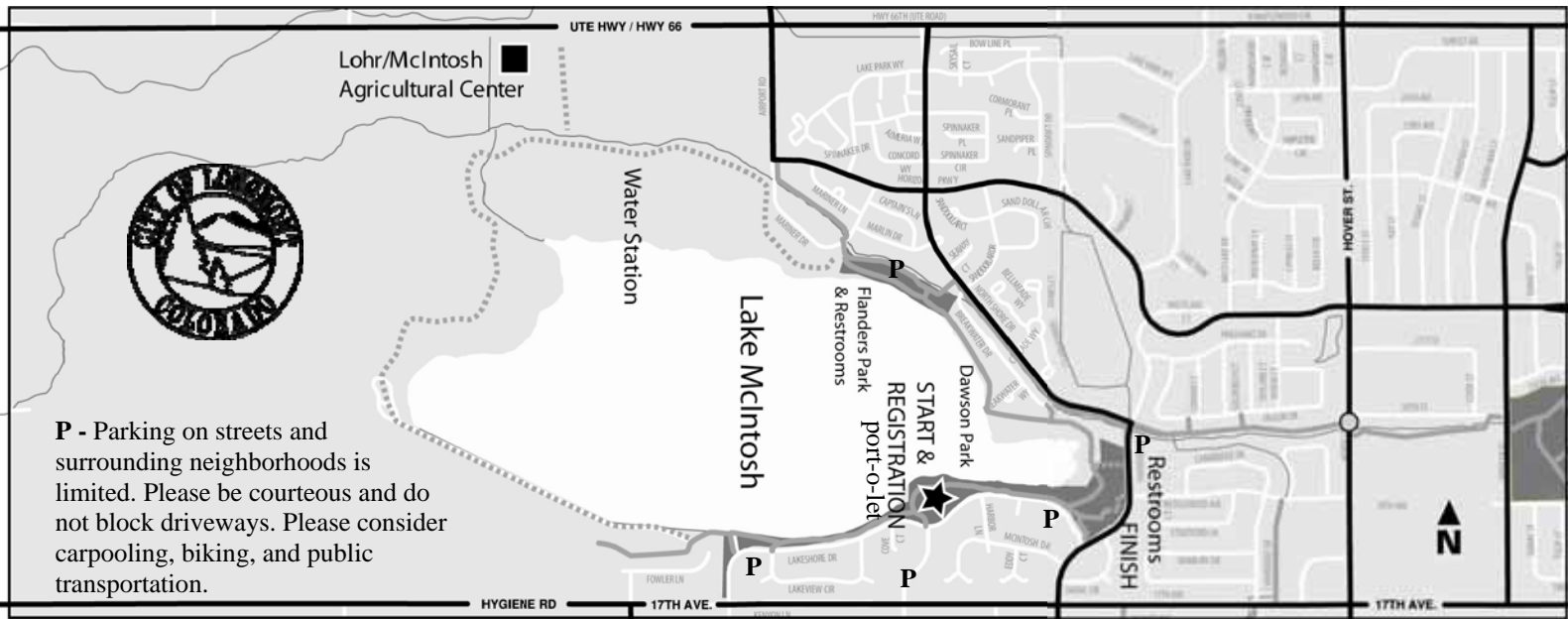
Overall male and female & Top 2 places

Age Categories	12 & Under	13-18	19-24	25-29
30-34	35-39	40-44	45-49	50-54
55-59	60-64	65-69	70 & Over	

Visit www.ci.longmont.co.us/rec/special/MudHen.htm or call 303-651-8404



B E Y E R
LASER CENTER
BOULDEREYES



P - Parking on streets and surrounding neighborhoods is limited. Please be courteous and do not block driveways. Please consider carpooling, biking, and public transportation.

ENTRY FORM - MUDD HEN 5K RUN 2011

(one form per person)

Bib #

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Age: _____ Phone: _____

Birthdate: _____

Email: _____

Gender: M or F

Event Type	Early Bird	After 4/15
Adult	5K Run/Walk \$15	\$20
Youth/Sr.	5K Run/Walk \$12	\$17
14 < / 55+		

Total Registration Fee \$ _____

Method of Payment _____

Circle t-shirt size: Adult Sizes S M L XL 2XL Youth Sizes M L

Please choose shirt size carefully.
We cannot exchange sizes or guarantee availability.

Please read and sign the liability waiver below:

I understand that there are certain risks involved with participating in any recreational activity. I expressly understand, agree that neither the City of Longmont Colorado, a municipal corporation, nor any of its officers, agents, volunteers, assistants, or employees, shall be held responsible or made subject to any claims, including any claim for negligence, seeking to assess damages or liability for or arising from personal injury or property damage to myself or other person in whose behalf this form is now signed as a result of actual or proposed participation in the above named programs. I, on behalf of myself and/or my child, hereby agree to HOLD THE CITY OF LONGMONT, ITS OFFICERS, AGENTS, VOLUNTEERS, ASSISTANTS, AND EMPLOYEES, HARMLESS ON ACCOUNT OF ANY SUCH CLAIM.

Photograph Release: To more effectively promote programs and activities sponsored by the City of Longmont, the City of Longmont seeks permission of program and activity participants to photograph me and/or my child/ward while participating in City of Longmont programs and activities. This includes permission to publish said photographs for such purposes.

Signature of participant (Parent or Guardian if under 18)