



Roaring Lion 5K & Fun Run

Carroll Manor Elementary School

Sunday, November 10, 2019

Carroll Manor Elementary School:
5624 Adamstown Road, Adamstown, MD 21710

Event Schedule:

Sunday, November 10th @ CMES

- 8:00 a.m. - 5K Start
- 8:45 a.m. - 1 Mile Fun Run Start
- 9:00 a.m. - Awards Ceremony
- 8:00-10:00 - Silent Auction

Pre and Post-Race Activities:

Music entertainment
Sponsor Tables & Displays
SILENT AUCTION
Drinks & snacks at finish line
Awards for TOP 5K Finishers
**Awards for ALL registered kids
who complete the 1-mile Fun**

Course Details:

Run!

Races begin and end at Carroll Manor ES and travel through Green Hill Manor neighborhood.

RACE SHIRTS will be provided to all runners who register by the **SHIRT DEADLINE** on **OCTOBER 11th**. Registrations received after this date are **NOT** guaranteed a shirt with entry.

<u>Entry Fees</u>	<u>Early Registration (by 10/11)</u>	<u>After 10/11</u>
Adult	\$25.00	\$35.00
Youth (under 18)	\$15.00	\$15.00
CMES Staff	\$12.50	\$12.50
Family (max 8)*	\$75.00	\$85.00
Family SPONSOR**	\$100.00	\$110.00

* Includes up to 2 adults and 6 children under 18

** Includes 2 adults/6 children & thank-yous at the event and on the website (**paper registration only**)

Register online! Go to <http://www.active.com> to register today!

Register by mail: Forms must be postmarked by October 9th to guarantee early fee and shirt. Include completed form and check, payable to **CMES PTA**. Mail to:

5K Registration, c/o CMES PTA, 5624 Adamstown Road, Adamstown, MD 21710

Register in person: Parents/guardians may register by returning completed forms and payment to the CMES office. Place it in an envelope clearly marked **5K Registration**

2019 ROARING LION 5K & FUN RUN REGISTRATION

Register online! Go to <http://www.active.com> to register today!

Participant Name(s)	Birthday (mm/dd/yy)	Grade/ Teacher	Gender (M/F)	T-Shirt Size YS YM YL S M L XL	5K, Fun Run, or BOTH*

* To ensure children receive an award upon completing the Fun Run and/or receive a bib # for the 5K.

____ **I cannot run in this race. Please accept my donation of _____ to support the CMES PTA!**

Address: _____

Phone: _____ Email: _____

TOTAL COST of races we are registering for: \$ _____ (or \$100 FAMILY SPONSOR)

WAIVER: In consideration of the acceptance of this entry, I hereby release and discharge the Carroll Manor Elementary School PTA, FCPS, Frederick Steeplechasers, race volunteers, officials, and all sponsors from all claims of liabilities of any kind arising out of my participation in this event, including injury, loss or damage to property. I have full knowledge of the risks involved in this event, and I am physically fit enough to participate. No pets, bicycles, rollerblades/roller skates, skateboards, or scooters are allowed on this course, and I hereby agree to adhere to this. Any participant who goes off course will forfeit all rights to prizes or recognition.

Adult Participant Printed Name Adult Participant Signature Date

Adult Participant Printed Name Adult Participant Signature Date

For participants under age 18: I am the legal guardian of this/these participant(s) and hereby consent to their participation. I have read the waiver and agree on behalf of myself and the participant(s) to its terms.

Parent/Guardian Printed Name Parent/Guardian Signature Date