



# Roaring Lion 5K & Fun Run

## Carroll Manor Elementary School

### Sunday, April 23, 2023

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

#### **Event Schedule:**

Sunday, April 23, 2023 @ CMES

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

#### **Pre and Post-Race Activities:**

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

#### **Course Details:**

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

**RACE SHIRTS** will be provided to all runners who register before the **T-SHIRT DEADLINE on MARCH 24th**. Registrations received after this date are **NOT** guaranteed a shirt with entry. Please register early to guarantee your race shirts!

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<b><u>Entry Fees</u></b>	<b><u>Early Registration (by 3/24)</u></b>	<b><u>After 3/24</u></b>
Adult	\$30.00	\$35.00
Youth (under 18)	\$18.00	\$18.00
Family (max 8)*	\$100.00	\$110.00

\* Includes up to 2 adults and 6 children under 18

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**Register online!** Go to [www.roaringlion5k.com](http://www.roaringlion5k.com) or [www.active.com](http://www.active.com) to register today!

**Register by mail:** Forms must be postmarked by March 17th to guarantee early entry fee & 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 at school:** Parents/guardians may register by returning completed forms and payment to the CMES office. Place it in an envelope clearly marked **5K Registration**

# 2023 ROARING LION 5K & FUN RUN REGISTRATION

**Register online! Go to [www.roaringlion5k.com](http://www.roaringlion5k.com) to register today!**

Participant Name(s)	Birthday (mm/dd/yy)	Gender (M/F)	CMES Student's Teacher	T-Shirt Size Youth: S M L Adult: S M L XL	5K, Fun Run, or BOTH*

\* To ensure children receive their Fun Run award and/or 5K runners receive a bib # for the 5K Race.

\_\_\_\_\_ **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)

**WAIVER:** With 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 understand 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) listed above and hereby consent to their participation. I have read the waiver and agree on behalf of the participant(s) to its terms.

\_\_\_\_\_ Parent/Guardian Printed Name                      Parent/Guardian Signature                      Date