



Dahlgren Lions Club
PO Box 119
Dahlgren, VA 22448

Phone: 540-775-9622 ex3024
Fax: 540-775-1844
groach@family-ymca.org

SUNDAY March 25, 5K Run/Walk- 8:00 AM
Kids Fun Run (14 and under) - 9:30 AM

2012 Dahlgren Lions Club ROARING 5k/1 mile LEO Fun Run

Race Location:

10545 Kings Highway, King George, VA
at the King George Family YMCA.

The Dahlgren Lions Club ROARING 5k

Race Details: Both Roaring 5K Run/Walk and 1-mile Leo Fun Run road races will begin and end at the King George YMCA.

The 5K Run is certified and professionally timed.

Registration: Starts February 1, 2012. 5K Run/Walk: \$15 (*\$20 if postmarked after March 15th*) Leo Fun Run: \$10, Pre-registration by mail or on-line: www.racetimingunlimited.org Pick up race forms at the King George YMCA. *Also at www.dahlgrenlions.org*

Awards: Will be given to male and female top 3 overall finishers in the 5K Run/Walk and Kids Fun Run and in each age division - 5K (19 & Under, 20-29, 30-39, 40-49, 50-59, 60 & Up); Fun Run (6 & Under, 7-8, 9-10, 11-12, 13-14). All Leo Fun Run finishers will receive a medal.

T shirts (optional): Long-sleeved T-shirts for 5K Run/Walk entrants (\$10), Short sleeved T-shirts for Fun Run entrants (\$5). *Shirts guaranteed to all pre-registered runners registered before 3/15/12- late registrants can buy shirts if available on race day.*

Packet Pick-up & Late Registration: At the KG YMCA from 4:00 to 7:00 PM on Saturday, March 24- and on race day from 6:30-7:45 AM, Leo Fun Run until 9:15 AM.

Registration Form: one form for up to three persons (please print) Incomplete or unsigned entry forms will not be accepted.

Last Name:

First Name:

Address:

City:

State:

Zip Code:

Date of Birth (mm- dd- yy)

Sex M/F

The Dahlgren Lions Club

Roaring 5k Run/Walk March 25, 2012

Mail completed form and check or money order to:

Dahlgren Lions Club Race

PO Box 119, Dahlgren, VA 22448

Payable to: Dahlgren Lions Club

Indicate which event and shirt size:

5K Run/Walk \$15
5k- *\$20 after 3/15/12*

Kids Fun Run \$10

+ Long Sleeved
T-Shirt \$10

Shirt Size:
S,M,L,,XL,
XXL

+ Short Sleeved
T-Shirt \$5

Shirt Size:
YS,YM,YL,
Adult Small

Amount Enclosed

Amount Enclosed

Phone:

Cell:

E-Mail:

In consideration of the foregoing, I for myself, executors, and administrator, waive and release any and all rights and claims for damages I may have against the Dahlgren Lions Club, Rappahannock Area YMCA, Inc., RTU, FARC, and any and all participating sponsors and supporters for all claims and damages, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to sue my likeness for any further publicity or advertising.

I have read the above conditions and accept them as shown by my signature.

Signature (parent if under 18)

Date

Last Name: First Name:

Address:

City: State: Zip Code:

Date of Birth (mm-dd-yy) Sex M/F

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 =\$ Amount Enclosed

Shirt Size:
S,M,L,XL, XXL

\$ Kids Fun Run \$10
 +\$ + Short Sleeved
T-Shirt \$5
 =\$ Amount Enclosed

Shirt Size:
S,M,L, Adult Small

Phone: Cell:

E-Mail:

Last Name: First Name:

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Signature (parent if under 18) _____ Date _____