

LAKE FOREST
COMMUNITY EDUCATION
FOUNDATION



An organization committed
to our schools & communities



When: Sunday, Nov. 24, 2019, 10 a.m., Rain or Shine. FREE Kiddie Race (Ages 8 & under) starts at 9:45 a.m.

Where: Lake Forest North Elementary, 319 E. Main St., Felton, DE 19943. Parking, Start/Finish is behind the school.

Course: 5K run/walk through the Town of Felton is on paved roads and is flat and fast!

Registration: Before Nov 18th at noon - \$25 Adults – 20 Students K-12.

After Nov 18th at noon - \$30 Adults - \$25 Students K-12 & day of race.

Race Day Registration starts 9 am. Kiddie Race is FREE.

Register online at Races2Run.com OR Make checks payable to: LFCEF Mail to: PO Box 205, Harrington, DE 19952

Questions? Contact Robin at 302-542-6065, Visit www.LFCEF.com or Email GobbleWobble302@gmail.com

Awards: Awards to Top Overall male/female, Top Masters male/female, Top 3 male/female in 5 year age groups (10 & under through 70 & over) Top 3 male/female walkers.

Amenities: Gobble Wobble 5K shirts to pre-registered participants or while supplies last. Post race festivities include food, drink, "Beat the Turkey" raffle, and giveaways. **Finish ahead of the turkey and you could win a prize!**

Benefits: Benefits the Lake Forest Community Education Foundation.

----- **ENTRY FORM** -----

WAIVER AND RELEASE OF LIABILITY: In consideration of you accepting my entry to participate in the Gobble Wobble 5K Run Walk and/or free kids race, I, the participant, parent or guardian, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director, Races2run, Lake Forest Community Education Foundation, The Lake Forest School District, The Town of Felton, The State of Delaware and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I certify as a material condition of my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed medical physician. By signing and submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event. We discourage unofficial entrants, roller blades, bicycles and the wearing of headphones for the safety of all participants. Entry fees are non-refundable.

Age Day of Race: _____

Sex: M F

T Shirt Size: **YS YM YL S M L XL XXL**

Print Name: _____ Phone: (____) _____

Email: _____ Amount Enclosed: \$ _____

Address: _____

City: _____ State: _____ Zip: _____

Signature: _____ Date: _____

(All participants must sign the waiver – a parent or guardian must sign if you are under 18)