



Panther Prowl 5k 22nd Annual

August 27th 2016

Race begins at Pomona High School (See Below) promptly at 8:00 a.m.

Race Proceeds will benefit the _____



Entry Fee: \$25.00 before August 20th, \$30.00 Race Day (race day registration 7:15 a.m.)

- T-shirts guaranteed to first 150 paid entrants
- Refreshments
- Fun atmosphere for everyone.

Awards presented to top three overall male and female runners as well as awards to the top finisher of each age group. Awards will be presented following the race. Age divisions: Male: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over Female: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over

Mail entry form to: Panther Prowl , Pomona High School, 8101 Pomona Drive, Arvada, CO 80005. Make check payable to Pomona Cross Country. For additional information about the race, call (720-635-8949)

Please print plainly and complete all of the following:

Name: _____ (select one) Male _____ Female _____ Address:

Phone: _____ E-mail address: _____

Date of Birth (mm/dd/yy): _____ Age on August 24th: _____

T-shirt size: Adult Small _____ Adult Medium _____ Adult Large _____ Adult XL _____

Entry Fee Amount Enclosed (Non-refundable): Check one. \$20.00 if post-marked by August 20th _____
\$25.00 after and Race Day _____

I warrant that I am physically fit enough to run this race and have done proper training. In consideration of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge any rights and claims against Pomona High School, the school district, the Race Committee, and/or any other individuals or groups involved with the running of this event for any or all injuries suffered by me at this event or while traveling to and from the event. **Please sign below and date.**

_____ Date: _____