



Second Annual Superhero 5k Fun Run Walk & Roll
Saturday, March 9, 2019
8:00 AM
Lake Charles Civic Center

Join us for a SUPER event!! We are adding TEAMS this year...award for the team with the most participants!!

We encourage everyone to Dress as your favorite Super Hero and participate in the 5k or the Fun Run!!

Registration begins at 7:00AM, 5K starts at 8:00AM. Chip timing will be used for the 5k.

Walk & Roll Starts soon after the 5K start.

Age groups are: 1-14, 15-19, 20-29, 30-39, 40 - 49, 50 - 59, 60 - 69 and 70+

Awards for top Male & Female overall and in each division.

Most creative Super Hero Costume contest too! Award for the largest Team!!

Each participant will receive a t-shirt if pre-registered.

Packets to be picked on Friday, March 8th at House of Sole, 3113 Ryan St., Lake Charles (Pzazz Shopping Center)

PLEASE COMPLETE THE FOLLOWING APPLICATION, SIGN AND MAIL or you can register online at:

<https://runsignup.com/Race/LA/LakeCharles/DashfordisABILITIESSuperhero>

CHECK PAYABLE TO: Families Helping Families of SWLA, 2927 Hodges St, Lake Charles, LA 70601

FIRST NAME _____ LAST NAME _____

STREET ADDRESS _____

CITY _____ Phone: _____

STATE _____ Zip _____ Email: _____

DATE OF BIRTH mm/dd/yyyy ____/____/____

SEX (CIRCLE ONE) M F

RACE ENTERED (CIRCLE ONE) 5K Fun Run Walk & Roll

SHIRT SIZE (CIRCLE ONE) Youth: S M L Adult: S M L XL XXL XXXL

ENTRY FEES: \$25.00 Received before 2/28/18 \$30 RACE DAY ENTRANTS

*****PLEASE NOTE*** NO SHIRT IS GUARANTEED FOR ENTRIES RECEIVED AFTER 2/21/19*****

Please Read and Sign Agreement Below:

I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Families Helping Families Dash for disABILITIES Superhero 5k Run, Walk & Roll, the city of Lake Charles, LA, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____