



Trinity Trot 5k Run and Walk

Saturday September 21 @ 8 a.m.

Register by September 13th to have shirt on race day

Race starts and ends at Trinity Lutheran School

Send check and registration form to:

Trinity Lutheran School Attn: Trinity Trot
1215 W 7th Ave, Fort Morgan CO 80701

Entry Fees * Entry fee includes t-shirt if registered by Sept 13. Shirt not guaranteed after that

\$20	5k before September 13	\$15	1 mile fun run before September 13
\$25	5k after September 13	\$20	1 mile fun run after September 13

If participating in both \$25 for 5K/fun run before September 13th, \$30 after September 13th

Family Pricing

\$90 for 2 Adults & children under 14 in one household September 13

\$100 for 2 Adults & children under 14 in one household after September 13

<u>Divisions</u>		<u>Awards</u>
0-14	15-19	Overall male and female winner and first, second and third place in each age division the 5k.
20-29	30-39	
40-49	50-59	
60 & over		Awards for Under 14 for fun run.

Dress up and run as your favorite superhero!
Join us after the race in the school for awards

Name _____ Sex _____ age as of 9/21/19: _____

Home/Cell Phone: _____ Email Address: _____

Address: _____ City _____ State: _____

Circle your pick Is this entry part of a family packet: yes no

Shirt Style: T-shirt Sleeveless No shirt

Shirt Size: YS YM YL S M L XL XXL

Race to be ran 5k 1m both

Release and waiver of liability: I, the undersigned, in consideration of the opportunity to participate and the acceptance of my entry in this event, intending to be legally bound, do hereby, on behalf of myself, my heirs and legal and personal representatives, release, waive and forever discharge any and all claims for injuries and damages to my person or property, including any and all claims for such injuries and damages resulting from negligent acts or conduct, and including any and all causes of action relating thereto, which might have or against the Trinity Lutheran School and Church, its affiliates, officers, board members representatives for any and all injuries and damages which I may sustain in this event. I further state that I have sufficiently trained fro and that I am in proper physical condition to participate I this event. I further grant authorization for this free use of my name and /or photographs, video tapes, motion pictures, recordings or any other record or transaction of my participation in this event, including, but not limited to, advertisements of or publicity, or other media accounts pertaining to this event.

Participant's signature _____ Date: _____

*If under 18 years, participant's parent or guardian must sign_