

Liberty High School Track & Field present the Inaugural Run from the Lion's Den

5K trail run and walk / Saturday December 5, 2015

Liberty High School, 5855 Bartholow Rd, Eldersburg, MD 21784

Proceeds from the race will benefit the Liberty High School Track & Field and Carroll County Food Sunday

Carroll County Food Sunday (CCFS) is a 501c3 non-profit organization of volunteers and members of the community coming together as neighbors helping neighbors by supporting Carroll County residents in meeting their emergency and supplemental food needs. So don't forget your non-perishable food item to donate on race day.

- **Pre-register!!!** A race shirt is only guaranteed if registration is received **by November 20, 2015**
- Make check payable and mail to: Liberty High School, c/o Track & Field, Eldersburg, MD 21784. *Please do not send cash.*
- On-line registration also available by searching **Run for the Lion's Den** on: www.Active.com
- **Race start time is 9:00am.** Race day registration (\$25) and packet pick-up starts at 8:00am.

All pre and post-race activities will take place inside Liberty High School. Refreshments and snacks will be provided to all 5k participants.

Pre-race packet pick-up: Friday, Dec 4th (3-7pm) at Tri Sport Junction, 7568 Main Street, Sykesville, MD 21784. A 10% discount will be available on purchases, to all pre-registrants during packet pick-up.

For more information or questions email: RunLionsDen@gmail.com

Name: _____ Address: _____

City: _____ Zip: _____ Phone: _____

Email: _____ Age on race day: _____ Male Female

T-Shirt size: (circle one) Adult sizes: Small Med Large X-large

Signature of registrant and Date: _____

Signature of parent (if under 18) and Date: _____

WAIVER OF LIABILITY: Participant understands that he/she is subject to the school and council rules of conduct and sportsmanship. The undersigned acknowledges that neither the Freedom Area Recreation Council nor the Eldersburg Rogue Runners provide any registrant medical or hospitalization insurance whatsoever, and hereby waives any and all claims against the Freedom Area Recreation Council, the Carroll County Department of Recreation and Parks, Eldersburg Rogue Runners, or any other person affiliated with these entities and sponsors for injuries sustained while watching or participating in this event or traveling to and from event. I also agree that photographs taken of my child or me while participating in this activity may be used for publicity purposes. I am the legal guardian of the athlete listed above and have read the above waiver of liability. The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, [410.386.3600](tel:410.386.3600) or [1.888.302.8978](tel:1.888.302.8978) or MD Relay 7-1-1/[1.800.735.2258](tel:1.800.735.2258) as soon as possible but no later than 72 hours before the scheduled event.