REGISTRATION

5K Run $20.00* / 10K Run $25.00* / Little Firecrackers 1K Dash $10.00*

Please Add $5 For Laura's House Pancake Breakfast

*Pre-Registration (Prior to Monday, June 21)

Presented By:

POWER•BALANCE
PERFORMANCE TECHNOLOGY

Mail-in Registration: Freedom Run, 39 Lewiston Court, Ladera Ranch, CA 92694
Make checks payable to: "Ladera Legs"

Packet Pick-up at Dick's Sporting Goods: 27502 Antonio Parkway, Ladera Ranch, CA 92694 on Friday & Saturday, July 2nd & 3rd from 12:00pm to 9:00pm.

Late and Race Day Registration 5k $25, 10k $30, 1K $10 Begins at 6:00am located at Avendale Clubhouse on 1 Daisy Street, Ladera Ranch, CA 92694 Day-of-event registrants will likely get a event shirt, but sizes are limited to what is on hand.

Registration Form - One Form Per Entrant (Form May Be Photocopied)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____

Age On Race Day _____ Birth Date _____ Day Time Phone _____

Participating In: ☐ 5K ☐ 10K ☐ 1K Sex: ☐ M ☐ F

Shirt Size: ☐ XS ☐ SM ☐ MD ☐ LG ☐ XL

Age Category 5K or 10K

☐ 8-12 ☐ 13-18 ☐ 19-24 ☐ 25-29 ☐ 30-34 ☐ 35-39 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70+

Age Category 1K Firecracker: ☐ 3-4 ☐ 5-6 ☐ 7-8 ☐ 9-10 ☐ 11-12

The undersigned Participant expressly acknowledges that LADERA LEGS and PRIME TIME MANAGEMENT have no obligation to offer recreational events such as the 4th Annual Freedom Run at the Ranch ("Freedom Run"). I understand there is a possibility that I could be seriously injured while participating in this recreational activity. The property on which the Freedom Run is conducted may not be in perfect condition. In signing this form, I am asking for permission to participate in the event with the knowledge that I could be injured, and I hereby agree to accept any and all risk of injury or damage to property on behalf of myself and any minor on whose behalf I have registered. In consideration of your accepting this registration, I hereby agree to release and hold harmless Ladera Legs and Prime Time Management and any of their officers, employees or volunteers from any liability, claim or action for injury or damages resulting from, or in any way

Participant Signature: _____ Date: _____
Parent or guardian if participant is a minor. Checks Payable to "Ladera Legs"