



Mud Hen 5K Run at Lake McIntosh 2010

10 am - April 24th

www.ci.longmont.co.us/rec/special

Sponsored by: City of Longmont

Recreation Services & Natural Resources



Race Day Registration & Packet Pick-up:

9:00 - 9:45am at the shelter on the west end of Dawson Park, along Lakeshore Dr., Sat, April 24.

Credit card registration at active.com

Walk-in registration at St Vrain Memorial Bldg, Centennial Pool, and Longmont Recreation

Center. Mail in registration (checks payable to City of Longmont):

Mud Hen 5K Run, Longmont Recreation,
700 Longs Peak Ave, Longmont, CO 80501

AWARDS

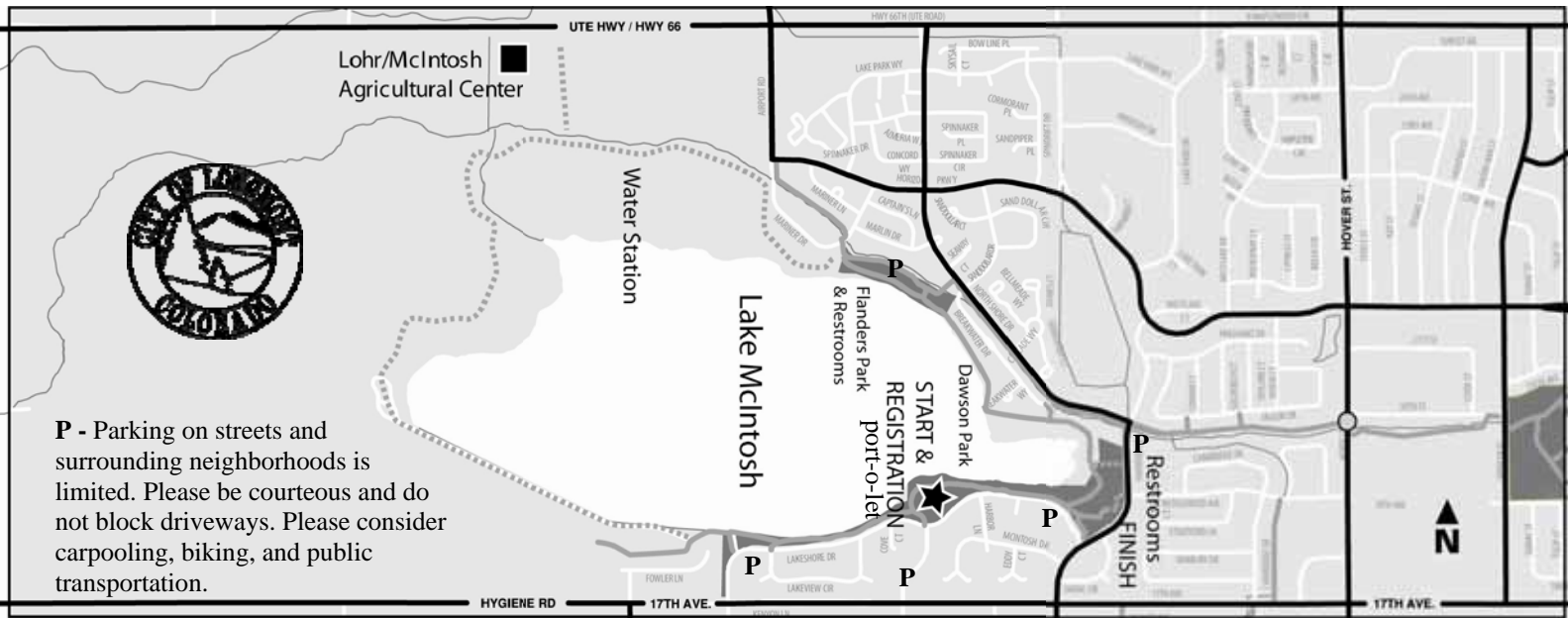
Overall male and female & Top 2 places

Age Categories	12 & Under	13-18	19-24	25-29
30-34	35-39	40-44	45-49	50-54
55-59	60-64	65-69	70 & Over	

Visit www.ci.longmont.co.us/rec/special/MudHen.htm or call 303-6651-8404

THE SHORES
apartment homes

B E Y E R
LASER CENTER
BOULDEREYES



P - Parking on streets and surrounding neighborhoods is limited. Please be courteous and do not block driveways. Please consider carpooling, biking, and public transportation.

ENTRY FORM - MUDD HEN RUN 2010

(one form per person) Bib #

First Name _____

Last Name _____

Address _____

City _____ State _____

Zip _____ Age _____ Phone _____

Birthdate _____

Email _____

Gender: M or F

Event Type	Early Bird	After 4/16
Adult	5K Run/Walk \$15	\$20
Youth/Sr. 14 < / 55 +	5K Run/Walk \$12	\$17
Total Registration Fee	\$ _____	

Circle t-shirt size:

Adult Sizes	S	M	L	XL
Youth Sizes		M	L	

Please choose shirt size carefully.
We cannot exchange sizes or guarantee availability.

Total \$ Received	Method of payment
_____	_____

Please read and sign the liability waiver below.

I understand that there are certain risks involved with participation in any recreational activity. I expressly understand, agree that neither the City of Longmont Colorado, a municipal corporation, nor any of its officers, agents, volunteers, assistants, or employees, shall be held responsible or made subject to any claims, including any claim for negligence, seeking to assess damages or liability for or arising from personal injury or property damage to myself or other person in whose behalf this form is now signed as a result of actual or proposed participation in the above named programs. I, on behalf of myself and my child, hereby agree to HOLD THE CITY OF LONGMONT, ITS OFFICERS, AGENTS, VOLUNTEERS, ASSISTANTS, AND EMPLOYEES, HARMLESS ON ACCOUNT OF ANY SUCH CLAIM.

Signature: _____

Date: _____

Print Name # under 18 - signature of parent or legal guardian is required.