



Carroll Manor Elementary School PTA Presents "The Roaring Lion Run" 5K Run/Walk

Date: Sunday, June 7th, 2009
5K – 8:00 a.m. (rain or shine)
Kid’s 1 mile fun run @ 9:00 a.m.

Where: Carroll Manor Elementary School
5624 Adamstown Road
Adamstown, MD 21710

Awards: T-Shirts guaranteed to all pre-registered 5K participants
Medals for registered fun run participants.

- * *Top three male/female finishers*
- * *First PTA parents (male/female)*
- * *First CMES student & alumni (male/female)*
- * *Age group finishers*
- * *First CMES staff finisher (male/female)*
- * *First male/female walker*

Silent Auction!!! Door Prizes!!! Refreshments!!! Music!!!! Babysitting!!!!

All CMES students who submit a completed reading log will have free entry for the kids’ fun run!
ALL CHILDREN WELCOME TO PARTICIPATE!!

Registration: \$20.00/person on or before May15th OR \$25.00 after and same day registration.
\$10.00 kid’s fun run (same day registration) OR completed reading log (CMES students)

Make checks payable to: *Carroll Manor Elementary School/ PTA*
Submit form and \$\$\$\$ to: *Carroll Manor Elementary School*
c/oPatti Lombardi, 5K Chair
5624 Adamstown Road
Adamstown, MD 21710

Timing and Finish Line assistance provided by Frederick Steeplechasers (steeplechasers.org). Course Certification Pending.
Packet pick-up/same day registration from 6:30-7:30 a.m. on race day. For more information contact Patti Lombardi 301-874-3431, or patricia.lombardi@comcast.net OR check our website at cmespta.com

CMES 5K Registration Form

Name _____ Age _____ Male _____ Female _____

Phone _____ E-mail _____ Shirt Size - XS S M L XL XXL
Youth – M or L

Circle all that apply: 5K runner 5Kwalker CMES parent CMES staff CMES Alumni CMES Student
Kid’s 1 mile fun run

Waiver: In consideration of the acceptance of my entry, I hereby release and discharge the Carroll Manor Elementary PTA, FCPS, Frederick Steeplechasers, race volunteers, officials, and all sponsors from all claims or liabilities of any kind arising out of my participation in the event, including injury, loss or damage of property. I have full knowledge of the risks involved in this event and I am physically fit enough to participate. No pets, bicycles, rollerblades/skates, strollers, skateboards, or scooters are allowed on this course, and I hereby agree to adhere to this. Any participant who goes off course will forfeit all rights to any prizes or recognition.

Signature _____ Date _____

(If the participant is under the age of 18, a parent or guardian must sign)