

2018 MISSION TRAIL 5K RUN/WALK REGISTRATION FORM

(PRINT THIS FORM AND MAIL TO THE ADDRESS LISTED BELOW)

MAKE CHECKS PAYABLE TO: "Lompoc Valley Distance Club"

MAIL TO: Lompoc Valley Distance Club, P.O. Box 694, Lompoc, CA 93438-0694

FOR INFORMATION: /Tel: (805) 588-2934 / Email: Wayne Davis - alhwed@msn.com

Please send a **self-addressed stamped envelope** or your e-mail address along with your registration to receive a confirmation letter.
Please print the following information

Emergency contact # _____

First Name _____ Last Name _____

Street Address _____ City/State/Zip _____

Phone () _____ Email Address _____

Birth Date (MM/DD/YY) ____/____/____ Age ____ Sex: M F Walker

| (A) | (B) | (C) | (D) | (E) | (F) | (G) | (H) | FEE SUMMARY |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|------------------|
| 19 & under | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70-79 | 80+ | 5K Run/Walk \$30 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

**T- shirt guaranteed with pre-registration
no later than September 1, 2018.**

Please circle T-shirt size S M L XL

OTHER DEADLINES:

RACE NO.

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- **Active.com registration ends midnight, Friday, September 14, 2018.**
- **Mail in Registration – must be received by Friday September 14, 2018.**
- **Day of Registration begins at 8:00 A.M.**

WAIVER: I realize that the event is physically strenuous, that there may be adverse weather, and may be vehicles on the course. I wish to compete and assume the risks involved. I am in good health and I have trained adequately. I authorize the race to provide medical attention for me at my expense. I assume the risk of injury at the crowded start, or on the course. I give up any claims for injuries that I sustain, including death, and agree to hold harmless the Lompoc Valley Distance Club, its directors and officers, employees and volunteers, suppliers, contractors, sponsors, the State of California, and anyone connected with the race. I agree that the race may use photographs taken of me without compensation. I have read and understand all of this. I am making this agreement and paying my entry fee in exchange for the privilege of running this race and using the facilities provided by the race.

YOUR SIGNATURE DATE

PARENT OR GUARDIAN SIGNATURE DATE
REQUIRED IF YOU ARE UNDER AGE 18