

Miles for Smiles 5k Walk/Run

Saturday, June 1st 9am start

100 Smith Bridge Rd, Plymouth, NH 03264

ENTRY FEE: \$20 Early Bird (received by May 13)

General Registration: \$25 (received May 14 – June 1)

Register by May 13 to receive a race shirt!

(Additional shirts available for purchase on race day)

(No refunds due to weather)



Size of Shirt
(circle):

Youth S M L

Adult S M L XL

(Print clearly): Last name

First Name

Male

Female

Age on 6.1.19 _____

Mailing Address

City

State Zip Code

Phone

Email

TO REGISTER: PLEASE MAIL REGISTRATION FORM WITH YOUR CHECK PAYABLE TO LRCS:
LAKES REGION COMMUNITY SERVICES, MILES FOR SMILES, PO BOX 509, Laconia, NH 03247

OR REGISTER ONLINE: www.milesforsmiles.racewire.com

Proceeds to benefit individuals with disabilities to access dental care!

Race Waiver: I know and understand that running/walking in a road race is a potentially hazardous activity. I attest that I am medically able to and properly trained for the event and agree to abide by any decisions of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running in this event, whether they are apparent to me or not, including but not limited to: falls, contact with other participants, effects of the weather, traffic, and the condition of the road. All such and related risks being known and appreciated by me. Having read and understood this waiver and in consideration of your accepting my entry, I for myself, my heirs, and anyone entitled to act on my behalf, waive and releases Lakes Region Community Services, race organizers and volunteers, and all sponsors, their representatives and successors from all claims and liabilities of any kind resulting from my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. If I am an employee of LRCS, I know that taking part in this event is voluntary and not part of my work-related duties. I grant permission to all foregoing use of any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. I understand that bicycles and skateboards are not allowed in any event. I will abide by these guidelines. Race will be held rain or shine. No refunds.

I have read the entry information provided and certify my compliance by my signature below:

Signature: _____ DATE _____

Parent's Signature if under 18 years: _____ DATE _____



Engage. Empower. Inspire.