

# Lehi Legacy's Frigid 5K Run/Walk

**Saturday, January 15, 2011 – Lehi Legacy Center's Health Fair**

- Time:** 5K run/walk starts at 8:00 a.m.  
**Place:** Race begins at the Lehi Legacy Center  
**Entry:** Pre Registration (online) by Friday, January 7, 2011 at 11:59 p.m. - \$20  
Late Registration - \$25 – shirt not guaranteed  
Race Day Registration - \$25 – shirt not guaranteed

Online Registration and Race Information is available @ [www.lehi-ut.gov](http://www.lehi-ut.gov)

**Race Day Registration:** will be held at the Lehi Legacy Center from 6:30 a.m. – 7:15 a.m.  
RACE DAY REGISTRANTS ARE NOT GUARANTEED A T-SHIRT OR PACKET.  
(To avoid this problem please pre-register).

**Packet Pickup:** will be available Friday, January 14<sup>th</sup> from 10 am to 7 pm at Fleet Feet located at 368 N 750 W, #C-2 in American Fork. Packets also available for pickup on Race Day from 6:30 a.m. – 7:30 a.m. at the Lehi Legacy Center (race location).

**TO AVOID CONGESTION PLEASE PICK UP YOUR PACKET BY FRIDAY @ 6 PM**

**Awards:** Starts just after the race at the Lehi Legacy Center in Multi-purpose Rm. #1 (approx. 9:00-9:45 a.m.)

**Amenities:** All pre-registrants will receive a T-shirt and post-race refreshments. All finishers will receive a Finishers Award.

**THANK YOU TO OUR SPONSORS**



Please Complete Entry Form Below – Call Tina @ (801)768-7124 or Don @ (801)756-5800 for more info.  
Attach Payment Payable to **Lehi Legacy Center** and Mail –  
Attn: Lehi Legacy's Frigid 5K  
123 North Center  
Lehi, UT 84043  
**Or register online at [www.lehi-ut.gov](http://www.lehi-ut.gov)**

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Please PRINT NEATLY and fill out completely (entries without age and gender will not be eligible for age group awards.)

Name: \_\_\_\_\_ Age on race date: \_\_\_\_\_ Gender: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I would like to be contacted to volunteer for the race

**T-Shirt:**

Adult XS S M L XL 2XL (Men's sizes)

**Registration Fee – Non-refundable**

Pre registration \$20\_\_\_\_\_. Race Day registration \$25\_\_\_\_\_.  
(Sorry, no guarantee of packet materials or t-shirt for those registering late or on race day.)

**WAIVER OF LIABILITY** must be read and signed before mailing:

1. **Release:** I hereby recognize and acknowledge that my/ or my child's participation in Lehi Legacy Center's recreational activities may involve bodily injury and/or emotional injury to myself and /or my child. In consideration of me /or my child being permitted to participate in such events, I, for myself, my child, my heirs, my executors and administrators, do hereby voluntarily and knowingly release, waive, and discharge Lehi Legacy Center, its officers, employees and event volunteers, from any and all liability that may result from my participation in Lehi Legacy Center Activities, except that caused solely by the negligence of Lehi Legacy Center. I agree to all terms set forth by this agreement and waiver.

2. **Emergency Treatment:** I hereby authorize Lehi Legacy Center program staff or event volunteers to act on my behalf, in accordance with his or her best judgment, in case of an emergency involving me /or my child, and agree to assume full responsibility for all expenses, medical or otherwise, that may arise as a result of injury or accident sustained while participating in Lehi Legacy Center activities. I understand that I, or my insurance company, will be billed for such emergency treatment.

\_\_\_\_\_  
Signature Required

\_\_\_\_\_  
Date