

Howl at the Moon

5 K Run

Friday, August 20, 2010

8:00 p.m.

Veteran's Memorial Park

Sponsored by

La Vergne Parks and Recreation

www.lavergne.org or www.active.com

\$20.00 Pre-registration

(Entry must be received No Later than Thursday, August 19, 2010)

\$25.00 Day of Race

AGE DIVISIONS

<<13	14-19	20-24
25-29	30-34	35-39
40-44	45-49	50-54
55-59	60-64	65+

CLYDESDALES/ATHENA

- ☀ Awards will be given to the Top three (3) finishers in each category
- ☀ First male/female overall
- ☀ First male/female Master Finishers
- ☀ Clydesdale/Athena

Long sleeved T-Shirts guaranteed to the first 200 pre-registered runners

For more information contact 793-3224

All proceeds to benefit the children's programs for the City of La Vergne Parks and Recreation Department

Name _____ Age _____ M() F()

Athena(160+lbs. Female)/Clydesdale (200+ lbs. Male) _____

Address _____

City _____ State _____ Zip _____

Phone Number (____) _____ T-Shirt Size _____ S,M,L,XL,XXL

Email Address _____

How did you find out about this event?

Waiver (Every participant must sign)

I hereby waive all claims for myself, my heirs, and executors against the City of La Vergne and all sponsors and promoters of the Howl at the Moon 5K run for injury or illness, which may result from my participation.

I hereby grant permission for the free use of my name and picture in broadcast, brochure, or account of this event.

SIGNATURE AND DATE _____

(Guardian's Signature if Under 18)

MAIL YOUR REGISTRATION AND PAYMENT TO:

**CITY OF LA VERGNE
PARKS AND RECREATION
C/O HOWL AT THE MOON 5K
5093 MURFREESBORO RD
LA VERGNE, TN. 37086**

MUST BE RECEIVED BY
THURSDAY, AUGUST 19, 2010