

Palisades Lutheran Church 1st. Annual

5K CHARITY RUN/WALK

5K Registration

\$30.00 Fee

Please mail to or drop off at:
Palisades Lutheran Church
15905 Sunset Blvd, Pacific Palisades,
CA 90272

 5K Age groups; 12 and under 13-14, 15-19 20-24 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-64, 65-69, 70 and over

OCTOBER 16TH START: 10:00 AM

Funds raised from this event will support: Education, Homelessness, and Families!

AWARDS: Will be given to overall M/F winners and top 3 M/F age group winners

For updates, follow our official website: www.plc.cc

2 WAYS TO WIN FOR YOUR CHARITY:

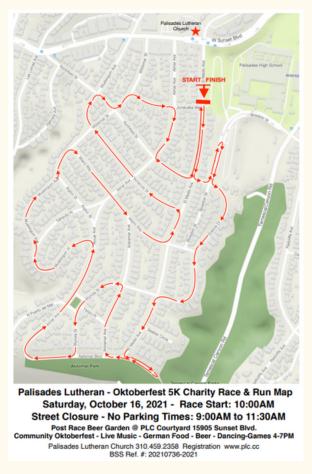
- 1) **GROUP PARTICIPATION AWARD:** Run for a Non-Profit of YOUR CHOICE and win!
- 2) **RANDOM DRAWING:** Be selected AND win for your non-profit of choice.

I am running for Palisades Lutheran
I am running for(Name of the non profit)
Phone
Name
T-shirt Size: S M L XL XXL
Gender
Address
Age on race day
Email
Signature
Date

Mail form and entry fee to address listed above. Make cheques payable to "Palisades Lutheran Church"

Contact Isabelle Ohse at OfficeSecretary@plc.cc or call: 310.459.2358

Waiver: In consideration of accepting my entry I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, and executors waive and release forever, all claims for damages that I may have against the sponsors, including but not limited to race officials, Palisades Lutheran church and school and any person or entity associated with this event for any and all injuries suffered by me in this run/walk accordingly. I grant permission to all forgoing to use any photograph, recording or any other record of this event for any legitate purpose.



T-shirts limited to first 200 registrants