



Howl at the Moon 5K Run

Friday, October 19, 2018

8:00 p.m.

\$25.00 Pre-registration

Entry must be received no later than Tuesday Oct. 9, 2018

\$30.00 Race Day

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

Sponsored by

La Vergne Parks and Recreation

www.lavergnetn.gov

** Awards will be given to the top three (3) finishers in each age division.

T-Shirts guaranteed to all pre-registered runners.

For more information contact (615) 793-3224.

Waiver

One Required for every participant

Participant Name _____ Age _____ Gender: M() F()

Address _____

City _____ State _____ Zip _____

Phone Number (_____) _____ Email Address _____

T-Shirt Size (circle one): S, M, L, XL, XXL

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
(Guardian's Signature if under 18)

Date

MAIL ALL REGISTRATION FORMS AND PAYMENT TO:

City of La Vergne, Parks and Recreation
C/O Howl at the Moon 5K
294 Sand Hill Road, La Vergne, TN 37086