El Toro High School PSTO &
The City of Lake Forest
Proudly Present

The 24th Annual Lake Forest Chargers 5K Run/Walk

Wednesday, July 4, 2018 Start Time: 7:30am

All Proceeds Benefit El Toro High School Educational Programs

Race Registration Form

Complete this form and attach check payable to **ETHS PSTO.**

Mail or drop off by 6/22 to:

ETHS PSTO at the UPS Store
25422 Trabuco Road, Suite 105-452
Lake Forest, CA 92630

Or drop off by 6/22 at the one of the following locations

A Snail's Pace Roadrunner Sports Life Balance Chiropractic

REGISTER IN PERSON: (Cash or check payable to ETHS PSTO)

- **July 3rd @ Ace Hardware parking lot 4:00 to 6:00pm**
- **July 4th - RACE DAY – 6:00 to 7:15am**

Registration Fees:

Received by 6/22.....$30.00
After 6/22.....$35.00
Students $15.00

RACE LOCATION: Lake Forest Dr. at Serrano Rd

For More Information, visit our website: **www.lakeforest5k.org**

Athlete Name: _____

Address: _____

City: _____ State: _____

ZIP Code: _____ Phone: (_____) _____

Cell Phone*: (_____) _____ Carrier: _____

E-mail: _____

Sex: _____ M F _____ Age on Race Day: _____

Emergency Contact Name: _____

Emergency Contact Phone: (_____) _____

Male	Age Group	Female
	10 & under	
	11 – 14	
	15 – 19	
	20 – 24	
	25 – 29	
	30 – 34	
	35 – 39	
	40 – 44	
	45 – 49	
	50 – 54	
	55 – 59	
	60 – 64	
	65 – 69	
	70 – 79	
	80+	

Awards ceremony immediately following the race.

Waiver (must be accepted by signing below):

I hereby release the County of Orange, City of Lake Forest, ETHS PSTO and all agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring companies, agencies or individuals from responsibility for any injuries or damages I may suffer as a result of my participation in any of these events. I hereby certify that I am in good condition and am able to compete in this event. I will also permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. and I also understand that the entry fee is non-refundable. As a participating athlete I certify that all the information provided in this form is true and complete. **I have read the entry information provided for the event and certify my compliance by my signature below.**

_____ Athlete Signature

_____ Date

_____ Signature of parent or guardian if under 18

_____ Printed Name of parent or guardian

*Cell phone number and carrier are optional and will only be used to provide your Official Time immediately at the end of the race. Data rates and charges may apply.