

# L.A.S.A.A. MUG RUN SERIES 2009-2010

## OFFICIAL ENTRY FORM

### March 13, 2010 • Lakewood Station

PLEASE PRINT LEGIBLY

Male  Female  
Age on race day \_\_\_\_\_

Name (last, first) \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ E-mail address \_\_\_\_\_

**Distance (Circle One):**    10K        5K        FUN RUN

**T-Shirt Size:**    Adult    S    M    L    XL        Youth    S    M    L    XL  
(Circle One)  
(Sizes not guaranteed beyond Pre-registration)



LAKWOOD  
SHERIFF'S STATION

Team, Unit of Assignment (if applicable):  
\_\_\_\_\_

Teams will consist of the top three finishers from a single unit. Medals awarded to first, second and third place in each 5K/10K category.



**SOROPTIMIST**  
Best for Women

**REGISTRATION FEES:**

5K/10K pre-registration - \$20 ends March 4th

5K/10K race day registration - \$25

FUN RUN - \$10 per person

For GROUP Registration/Rates, contact:

[info@lakewoodmugrun.com](mailto:info@lakewoodmugrun.com)

To REGISTER or download registration forms,  
go to [www.lakewoodmugrun.com](http://www.lakewoodmugrun.com)

Mail form and check (payable to Soroptimist) to  
Soroptimist International of Lakewood/Long Beach  
c/o Lakewood City Hall,  
5050 Clark Avenue,  
Lakewood, CA 90712

online registration  
powered by



I have read and filled out the **Waiver, Release, and Indemnity Agreement** on the reverse side of this Registration Form.

**SIGNATURE:** \_\_\_\_\_ **Date** \_\_\_\_\_  
*IF PARTICIPANT IS UNDER 18 YEARS OF AGE, A PARENT OR GUARDIAN SIGNATURE IS REQUIRED*

**SHERIFF'S EMPLOYEES ONLY**  
(circle all that apply)

L.A.S.A.A. Member    YES    NO

New L.A.S.A.A. Member    YES

EMPLOYEE #: \_\_\_\_\_

**FOR OFFICIAL USE ONLY:**

BIB  
NUMBER

AGE  
GROUP

**WAIVER, RELEASE AND INDEMNITY AGREEMENT**

EVENT LOCATION: Lakewood Sheriff's Station, 5130 Clark Avenue, Lakewood, CA

I, \_\_\_\_\_ in consideration for being allowed to participate in a **L.A.S.A.A. MUG RUN SERIES** event, hereafter referred to as "Event," hereby waive/release the Los Angeles Sheriff's Athletic Association Inc., it's directors, officers, agents, servants, employees and officials for personal injury and property damage which may hereinafter accrue for participation in the aforementioned "Event". The Los Angeles Sheriff's Athletic Association Inc., and all directors, officers, agents, servants, employees or officials of the Los Angeles Sheriff's Athletic Association Inc., and each of them, shall not be responsible or liable for any injury, damage, loss, or expense to me, or to my property incurred while participating in the aforementioned "Event", whether the injury, damage loss or expense by reason of negligence, dangerous conditions of public property or otherwise.

For myself, my heirs, executors, administrators, and assign, I \_\_\_\_\_ **(Parent or Guardian if participant is under 18 years of age)** agree to defend, indemnify and hold harmless the Los Angeles Sheriff's Athletic Association Inc., the Lakewood Sheriff's Station Mug Run Committee, the City of Lakewood, Lakewood Center Mall, The Macerich Company LLC, Soroptimist International, Runner's Image, all representatives and agents of any of the foregoing, and all municipal agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring company(ies), agency(ies) or individual(s) against any and all manner of actions, claims, causes of action, suits, debts, demands, damage, liability or expenses of any kind and nature incurred or arising by reason of any actual or claimed act or omission by me, or injury sustained by me while participating in the aforementioned "Event". This includes claims by any other person, including a minor claiming injury or damage as a result of injury or loss sustained by my participation in the aforementioned "Event." This "Event" (all Mug Run Series events) **are not** Department (L.A.S.D.) sanctioned, therefore **not** covered by Workers Compensation in the event of injury or illness. It is the responsibility of L.A.S.D members to comply with Department Policy, regarding participation in athletic events (MPP #3-09/300.00).

SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_  
**IF PARTICIPANT IS UNDER 18 YEARS OF AGE, A PARENT OR GUARDIAN SIGNATURE IS REQUIRED**