

# To the River and Back 5K/10K Race/Family Fun Mile and Pancake Feed

Saturday, May 9, 2009



5K/10K Race participants will begin their run at Lawrence Community Nursery School (LCNS), 645 Alabama St., and continue through the streets of Old West Lawrence to the Kaw River levy, and back to LCNS.

Family Fun Mile participants will follow the scenic streets of Old West Lawrence. Strollers and wagons are encouraged.

**Early Registration Deadline: April 24, 2009**

**Packet Pick-Up and Late Registration:**

Friday, May 8, 5:00 p.m. - 7:00 p.m.

Saturday, May 9, 7:00 a.m. - 7:45 a.m.

(at LCNS, 645 Alabama St.)

**Schedule, Saturday, May 9, 2009:**

Timed 5K/10K Run: 8:00 a.m.

Family Fun Mile: 9:30 a.m.

Pancake Feed: 8:30 a.m. to 11:00 a.m.

Early registered 5K/10K runners will receive a free T-shirt and all 5K/10K/Family Fun Mile participants will receive a complimentary pancake breakfast.

Pancake Feed is open to everyone! Join us to eat great food and support the Little Red Schoolhouse!

Saturday, May 9, 2009

8:00 A.M.

Lawrence Community Nursery School  
645 Alabama Street

**Entry Fees:**

5K/10K Timed Race:

\$22 per participant before April 24

\$25 per participant after April 24

Family Fun Mile:

\$5 per adult or \$10 per family  
before April 24

\$7 per adult or \$15 per family  
after April 24

Early Registrations must be received by

**April 24, 2009**

**Pancake Feed:**

\$5 per adult/\$3 per child

Event will be held rain or shine.

**Mail Registration Form and  
Donations to:**

To the River and Back

LCNS

645 Alabama Street

Lawrence, KS 66044

All information also available at:

**[www.totheriverandback.org](http://www.totheriverandback.org)**



**Registration Form**

You may enter by filling out the registration form and mailing it to LCNS. Photocopies are acceptable.

Each participant must fill out a form.

Name \_\_\_\_\_ Age (on race day) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

**T-shirt Size(s):**

Adult: S # \_\_\_ M # \_\_\_ L # \_\_\_ XL # \_\_\_

Youth: XS # \_\_\_ S # \_\_\_ M # \_\_\_ L # \_\_\_

(Additional t-shirts may be pre-ordered for \$12 adult/\$10 youth)

**Race Entry (see fees at left):**

5K \_\_\_\_\_ 10K \_\_\_\_\_ = \$ \_\_\_\_\_

(Fee includes t-shirt and complimentary breakfast; late registrants not guaranteed a t-shirt.)

Family Fun Mile: # of Adults \_\_\_\_\_ x \$ \_\_\_\_\_ = \$ \_\_\_\_\_

(Fee includes complimentary breakfast for all family members.)

**Donation:**

Please accept my tax deductible donation of:

\$ \_\_\_\_\_

**Total Amount Enclosed:**

\$ \_\_\_\_\_

**Waiver of Liability**

I know that running a road race is a potentially hazardous activity. I know that I should not enter and run unless I am medically able and properly trained. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else, who might claim on my behalf, covenant not to sue, waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all agents, employees, assigned or anyone acting in their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of the course of my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown. Applications for minors accepted only with parent or guardian's signature. Directors reserve the right to refuse entry to anyone for any reason.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_