

# Twenty-Ninth Annual Lumbee Homecoming

## 5K Run & Fun Walk

In Honor of Mr. John W. Ned Sampson

July 3, 2010

Coordination: Pembroke Kiwanis Club

Sponsor: Lumbee Regional Development Association, Inc.

First Health of the Carolinas: Water & Fruit

Registration: 6:00 am to 7:00 am      Race Starts: 7:15 am

### Send Entries to:

Twenty-Ninth Annual Lumbee Homecoming 5K Run/Fun Walk

Attn: Joyce Locklear

PO Box 68, Pembroke, NC 28372

### On-site registration at LRDA Office complex

636 Prospect Rd, Pembroke, NC 28372

Trophies for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place in each age run brackets

14 & Under, 15-21, 22-28, 29-35, 36-42, 43-49, 50-59, 60 plus

Walk is Free

Early Registration before July 3rd, 2010, \$15.00 On-site fee will be \$20.00 (t-shirt included)

## Entry Form

Competitor's # \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

Event: (check one)    \_\_\_\_\_ 3.1 Mile Run                      \_\_\_\_\_ 1.0 Mile Fun Walk

Male \_\_\_\_\_ Female \_\_\_\_\_

**Waiver:** In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against Lumbee Regional Development Association, Inc. (LRDA), it's Board of Directors, elected officials, volunteers or other persons, including sponsors, for any illness or injury which may directly result from my participation in the 5k Run / Fun Walk. I further state that I am in proper physical condition to participate in this event and agree that none of the above parties are under obligation to provide a physical examination or other evidence of my fitness to participate in the race, with this being my sole responsibility. I also give permission for the free use of my name and photo in any news coverage or publicity of subsequent events.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Parent Signature required if under 18 years of age