

Polson Running invites you to attend the annual Live Locally 5K walk/run on October 17th.

All participants will receive free pasta and the opportunity to win great prizes.

All proceeds will be donated to the Lake County Community Development Corporation. Once again, Live Locally works towards making our community a safe, healthy and fun environment for all residents.

Race Contact Info:

Polson Running
1405 Hillcrest Road
Polson, MT 59860

Liana Zimmerman
887-2933



One 7th Avenue East
(406) 883-3910

Thank you Health Care Plus for donating your facilities to help with this great community event!

All proceeds donated to:



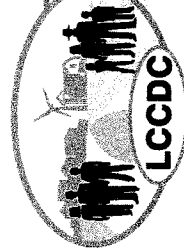
Lake County Community
Development Corporation
Growing Communities; Growing Businesses

Live Locally 2015

5K Run/Walk

October 17, 2015
9:00 am

Location:
HealthCare Plus
One 7th Ave. East
Polson, MT



Lake County Community
Development Corporation
Growing Communities; Growing Businesses

Proceeds will be donated to Lake County
Community Development Corporation

**Polson Running presents:
Live Locally 5K Run/Walk**

DATE: SATURDAY, OCTOBER 17TH

PACKET PICKUP: SATURDAY 8 AM

RACE START TIME: 9 AM

LOCATION: HealthCare Plus building
on the corner of Main and 7th Avenue in
Polson, MT.

QUESTIONS: Liana Zimmerman
887-2933 or email
polsonrunning@yahoo.com

REGISTER: Download more forms at
www.polsonrunning.com and mail to
Polson Running
1405 Hillcrest Drive
Polson, MT 59860

COURSE: Race starts at the HCP
building on Main and 7th Avenue, will
access the Carol Sherick Memorial Trail,
then return to HCP.

AWARDS: 13 & under, 14-19, 20-29,
30-39, 40-49, 50-59, 60-69, 70+

Nutrition & Aid: There will be one aid
station along the course. There will also
be snacks and hydration at the end of
the race!

ENTRY FORM: LIVE LOCALLY 5K RUN/WALK

Name _____

Age _____ Gender _____

Address _____

City _____ State _____

Email Address: _____

Phone: _____

Adult Shirt Size: S _____ M _____ L _____ XL _____ XXL _____

Kids Shirt Size: S _____ M _____ L _____

*Pre-registration deadline: **October 1***

ENTRY FEES:

Ages 16 & under: Pre-registration=\$10, Same Day=\$15

Ages 17 & above: Pre-registration=\$20, Same Day=\$25

Shirts ONLY guaranteed by pre-registration deadline of October 1. Register online at
www.polsonrunning.com or mail entry form to Polson Running, 1405 Hillcrest Road,
Polson, MT 59860. **Cancellation Policy: Entry Fees are non-refundable and non-**
transferrable.

Waiver and Release Statement:

In consideration of accepting the entry, I RELEASE for myself and my heirs, executors, administrators, and for my child (if parent or guardian signing on behalf of a participant under the age of 18, referred to as "my child"), the Live Locally 5K Run/Walk, Polson Running, Healthcare Plus, the City of Polson, and all other promoters, sponsors, organizers and volunteers of this event, and the officers, directors, shareholders and/or members, agents and employees of each as well as all medical, law enforcement and other personnel assisting with this event, the owners of the property through which the event course traverses, and their representatives, successors and property arising out of or in connection with my participation in this event, including acts of God. I fully ASSUME THE RISKS ASSOCIATED WITH MY AND/OR MY CHILD'S PARTICIPATION IN THIS EVENT, including but not limited to: the dangers of falls and collisions with pedestrians, vehicles and fixed or moving objects; the dangers of road conditions, surface hazards, either conditions, associated with an athletic trail run; and the dangers caused by other's negligence. I certify that I am and/or my child is physically and mentally fit to participate in this event.

Printed Name _____

Signature of Participant _____

Date _____

Signature of Parent/Guardian: _____

(if participant is younger than 18 years of age)

Printed Name of Parent/Guardian: _____