



Lake Ariel Volunteer Fire Company  
5K Run/Walk  
Hosted by Lake Ariel Vol. Fire Company  
Saturday, September 21, 2024

[www.lakearielfire.org](http://www.lakearielfire.org)

Please print legibly and complete the entire entry form. More than one entry may be mailed together with the appropriate fees. Please make all checks and money orders payable to Lake Ariel Fire.

5K Run/Walk: \$25.00 entry fee (T-Shirt & Wristband, plus other promotional items)

**Race Entry w/ bib, T-shirt**

**Race day registration will NOT be guaranteed a T-Shirt so please register before Sept 13**

\$75.00 Entry Registration – (T-Shirt, Wrist Band and Gym Bag for First 36 who register)

First Name \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Phone # \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone # \_\_\_\_\_

TEAM NAME (if running or walking as a Team) \_\_\_\_\_

T-shirt Size (shirts only guaranteed for first 200 registrants):

Adult S \_\_\_\_ Adult M \_\_\_\_ Adult L \_\_\_\_ Adult XL \_\_\_\_ Adult 2XL \_\_\_\_ Adult 3XL \_\_\_\_ Adult 4XL \_\_\_\_

Registration begins at 8:00 AM and race begins at 9:00 AM

Please Check one event 5k Run \_\_\_\_ 5k Walk \_\_\_\_ Kids Fun Dash \_\_\_\_ (for kids up to age 12)

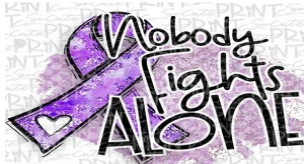
**Race Waiver:** Please read the following disclaimer before completing the registration form for the 5k race:

I understand that participating in a 5k race involves physical exertion and may have some inherent risks. I certify that I am physically fit and have sufficiently trained for this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature, if under age 18: \_\_\_\_\_

Send Completed forms to: Lake Ariel Volunteer Fire Co. P.O. Bx 31, Lake Ariel Pa. 18436



**“Thank you for Supporting this Event.”**