

LAKE LATONKA FRIENDLY FROLIC

A 2-mile walk or run on Latonka Drive

Saturday, July 6, 2019 9:30 am Start Outside the Community Center

EARLY REGISTRATION DEADLINE - Friday, June 21, at NOON

\$6 per person includes timing and awards, goodie bag, and a T-shirt

Please bring registration form and payment to "The Office" — OR

Mail to LLPOA, 420 Latonka Drive, Mercer, PA 16137 - Verify receipt by Thursday, June 20 - Call 724.475.4715

After June 21 - LATE REGISTRATION - On Race Day Only - 8:30 to 9:10 am

\$12 per person includes timing and awards and a T-shirt (if available)

What to Do on Saturday, July 6, Before the Race

If You Pre-Registered

TIMED

check in at the gazebo by 9:10 am
and pick up your race bib.
Bibs will be in alpha order according to each participant's last name.

NOT TIMED

do not check in
at the gazebo.
Just line up for the race.

If You DID NOT Pre-Register,

1. Between 8:30 and 9:10 am.
at the GAZEBO, register to be
TIMED or NOT TIMED
2. If you want a T-shirt and they
are still available, you will
receive a voucher.

Bring the voucher to the
gazebo after the race to
receive your T-shirt.

3. You will also receive a raffle
ticket. Deposit this ticket
at the awards table in the
parking lot after the race.

What to Do After the Race - At the Gazebo

If you pre-registered, designate ONE PERSON FROM YOUR GROUP/FAMILY
to go to the gazebo to pick up the packet with your group's
T-shirts, treats, and door prize tickets.

(Packets are in alpha order according to the LLPOA member who registered the
participant. For example, if an LLPOA member registered ten people, then all ten
T-shirts, ten treat bags, and ten door prize tickets will be in one packet.)

After the Race - In the Parking Lot

POST RACE REFRESHMENTS and AWARDS CEREMONY

Awards: Top male and female overall finishers; oldest and youngest finisher (on their own accord);
and to the top three male and female in each of the following age categories:
8 and under, 9-11, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Must be present to win. If not present, the medal will be awarded to the next place finisher.

Race results will be posted on the wall outside Duke and Lola's Café.

DOOR PRIZE DRAWING

Deposit tickets at Awards table. Drawing after the Awards Ceremony. Must be present to win.

We expect over 500 participants. Due to safety concerns, do not walk/run with your pets.

Racing with a stroller? Please wait a minute or two until others have crossed the start line. This is a chip-time race not a gun-time race. Therefore, YOUR official time will not begin until YOU cross the start line.

For more information, to help stuff goodie bags, or to help on race day, call Terry Hart 724.350.9085

ALL EARLY REGISTRATION FEES ARE \$6

LLPOA Member's Name _____

LLPOA Member's Home Phone or Mobile Number _____



Lake Latonka Friendly Frolic Registration Form - 2019



Participant's Name _____

T-Shirt Size

Youth Small	Youth Med	Youth Large	Adult Small	Adult Med	Adult Large	Adult XL	Adult 2X	Adult 3X
A	B	C	D	E	F	G	H	I

ADD \$2

Do you want to be timed? Yes No

ONLY IF you want to be timed, complete the following:

Male Female Age on July 6, 2019 _____

ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THIS EVENT, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsor, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, **THE FOLLOWING ENTITIES OR PERSONS: LAKE LATONKA PROPERTY OWNERS ASSOCIATION (LLPOA), and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsor and volunteers;**

(B) I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of LLPOA or otherwise.

I acknowledge that LLPOA and its directors, officers, volunteers, representatives and agents are **NOT** responsible for the errors, omissions, acts or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants but are also present for volunteers.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

Participant's Signature _____

Date _____

Participant's Name
(Please print legibly) _____

Age _____

Parent/Guardian Signature _____