

**Lone Star Runners Club  
Frosty Four 4 miler  
Saturday, January 12, 2019  
9:04 am – Thompson Park**



**LSRC Frosty Four at 9:04  
Saturday, January 12, 2019  
9:04 am  
Thompson Park  
Start/Finish - Boat Dock area  
Packet Pick up Friday, January 11, 2019  
Get Fit Store 4:30-6:00pm  
8:14-8:44 am Race Day registration  
Late Registration \$30.00  
Overall Male/Overall Female  
LSRC members \$20 All Others \$25  
Make checks payable to LSRC  
contact: Brad Wilson  
355-4404  
t-shirts to the first 44 entries  
P. O. Box 3027  
Amarillo, TX 79116**

**Name** \_\_\_\_\_  
**Address** \_\_\_\_\_ **City** \_\_\_\_\_  
**State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_  
**Male** \_\_\_\_\_ **Female** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_ **Age** \_\_\_\_\_  
**Shirt size:** **Small** \_\_\_\_\_ **Medium** \_\_\_\_\_ **Large** \_\_\_\_\_ **X-Large** \_\_\_\_\_  
**Email Address** \_\_\_\_\_  
**Phone Number** \_\_\_\_\_

RELEASE OF LIABILITY

In return for its agreement to accept this entry form, I hereby release Lone Star Runners Club, its officers, directors, agents, representatives, and the volunteers, sponsors, promoters, and all other persons associated with Lone Star Runners Club from liability for any injuries received by me (or if the participant is a minor, then I release them from liability for injuries received by the minor for whom I am responsible) during participation in this sporting event, which includes all post-race activities through the end of the awards ceremony and the conclusion of the event. I recognize that participation in the event sponsored or in any way supported by Lone Star Runners Club exposes me and/or my family member(s) to risks including, but not limited to, running-related injury, traffic, and other risks including cracks in the roadway or sidewalk, uneven running surfaces, slick conditions, other participants in the race, weather-related hazards, and post-race accidents of any type. Notwithstanding these potential risks and possibly other unanticipated risks, all of which cannot be listed, I HEREBY ASSUME FULL RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY (OR MY FAMILY MEMBER'S) ATTENDANCE AT OR PARTICIPATION IN THIS EVENT.

\_\_\_\_\_  
**Signature (Parent/Guardian if under 18)**

\_\_\_\_\_  
**Date**