

**Lions Roar for Fitness
Global Leaders In Training- FIMS
5K Run & 1.6 Mile Fun Run/Walk
Saturday, October 2, 9:00 a.m.
Pueblo City Park**

To enter the 2010 Lions Roar For Fitness:

Fill out the entry form below and return with a check payable to **Fountain International Magnet School (FIMS)** and mail to

FIMS
925 Glendale Ave.
Pueblo, CO 81001

Mail in bottom portion of this registration form and save the top portion as a race date reminder. Please mail in or drop off at the address above. Online Registration is also available at www.socorunners.org. For race information before the day of the race, call Fountain Int. Magnet School, (719) 549-7535

REGISTRATION MUST BE FILLED OUT COMPLETELY

Last Name	First Name	MI

Street Address

City	State	Zip Code

Daytime Phone	Date of Birth	Age (on race day)

Circle Event	Circle One	Circle T-Shirt Size
Walk 5K	Male Female	YS YM YL AS AM AL AXL AXXL

How did you hear about the 2010 Lions Roar for Fitness? _____
Do you have interest in Burrito Brunch (small fee) following the run? YES / NO

ENTRY FEE: \$22 for pre-registered participants (received by Sept. 20th at 2:00 p.m.)
 \$25 for Pre-registered participants (received by Sept. 30th at 2:00 p.m.)
 \$30 for race-day registration (Oct. 1st thru race day)

Please make checks payable to FIMS

Participant's Signature: _____ Date: _____

I hereby release the City of Pueblo, SJNCS, So CO Runner's Club and all Municipal agencies whose property and/or personnel are used, and other sponsoring individuals and/or companies from responsibility for any injuries or damages I may suffer as a result of my participation in the Panther 5K Run & Fun Run/Walk and related events. I hereby certify that I am in good physical and mental condition and am able to safely complete this event. I hereby consent to receive emergency medical treatment at my own expense, which may be deemed necessary in the event of injury, accident, or illness during this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. I understand that my entry fee is non-refundable and I agree to abide by the rules of this race. As a participating athlete, I certify that all information provided in this form to be accurate and complete. I have read the entry information provided for this event and certify my compliance with my signature on this form. If I do not follow the rules of the event, I understand that I may be removed from the event. I give full permission to St. John Neumann Catholic School and its local affiliates and their sponsors and corporate sponsors to use my photographs, videotapes, or other recordings of me that are made during the course of this event.

Fountain International

1st Annual

Lions Roar for Fitness

Saturday, October 2, 2010 9:00 a.m.

5K Run (Shot Gun Start) 1.6 mile Fun Run/Walk Kiddie Sprint (10:00 am)

Pueblo City Park

800 Goodnight, Pueblo, CO 81005



Lions Roar for Fitness

5K race (3.2 miles)–Shot Gun Start

1.6 mile Fun Run/Walk

“Kiddie Sprint” – 50 yard sprint for ages 6 and under

5K Race - Starts promptly at 9:00 a.m. outside Pueblo City Park Pavilion

Shot gun start – prizes awarded to all age group winners. Overall winners will not be included with age group winners. All participants will receive a T-shirt.

1.6 mile Fun Run/Walk – Starts promptly at 9:00 a.m. outside Pueblo City Park Pavilion

A Fun event promoting health and education. All participants will receive a T-shirt.

Kiddie Sprint !! 50 yard Sprint: a fun race for children 6 yrs and under

10:00 am outside the Pueblo City Park Pavilion

This will consist of a 50 yard dash for any child 6 yrs of age and under. Each child will receive a ribbon upon finishing the run. This is a free event.

Age Divisions (male and female)

6 and Under, 7-8, 9-10, 11-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60+

Awards

Prizes will be awarded to the 1st, 2nd & 3rd place finishers in the 5K race in each age division.

Prizes awarded for the top overall finishers in the 5K for men and woman. These individuals will not be included in the age divisions.

All walkers will receive a ribbon upon completion.

Registration: Prices are the same for runners and walkers (Kiddie Sprint- FREE)

\$ 22 - registration received by 2:00 pm on September 20th (T-shirt is guaranteed on race day)

\$ 25 – registration received between 2:00 pm September 24th - Oct. 1st. (2:pm) (T-shirt guaranteed but not necessarily on Race Day)

\$30 Race (Oct 1st 2:00 pm – race day) race day registration is from 7:30 a.m. to 8:30 a.m. (T-shirt guaranteed but not necessarily on Race Day)

Registration Forms Can be obtained at the following locations

Fountain International Magnet School

Pueblo YMCA -

Gold Dust Saloon – 217 South Union Avenue, Pueblo

Downloaded from www.socorunners.org

Online registration is also available at www.socorunners.org for no additional cost

Packet Pickup

Race day packet pick-up only at the Pueblo City Park Pavilion: 7:30 a.m.-8:45 am. Please come early!!

Breakfast Burrito breakfast will be available after the race (\$2)

925 N. Glendale Ave. Pueblo, O 81001 (719) 549– 7535