

BIB #: \_\_\_\_\_

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Lake of the Pines  
FUN RUN  
May 27, 2017

**Registration Form**

Fill out all blanks completely, **copy** and bring/mail to Jim Nachtigal 23370 La Costa Ct Auburn, CA 95602. Make check payable to LOP Sports & Activities.

The goal is 100% pre-registration. **Incomplete applications will not be accepted.**

**PLEASE FILL IN ALL BLANKS. Thank you.**

**Name of Runner:** \_\_\_\_\_ (PLEASE PRINT CLEARLY)

**Address of Runner :** \_\_\_\_\_ (PLEASE PRINT CLEARLY)  
(STREET, CITY, STATE, ZIP CODE)

**Runner Home Phone #:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_  
(We will not use your e-mail address for any other purpose than communicating with you about your participation in this event.)

**Birth Date:** \_\_\_\_\_ (MM/DD/YY) **Age on Run Day:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

**Entry Fee:** Tot Trot (Free) 6k & 12k (\$15.00)

**First (100) 6k & 12k runners to pre-register will receive a free T-Shirt**  
Sizes are limited, so first come, first served for choice of size.

**Non-Residents of LOP - Must have an LOP Resident Sponsor:** \_\_\_\_\_ / \_\_\_\_\_ .  
Non-residents email address: \_\_\_\_\_ Phone # / LOP Resident Name)

**EVENT CATEGORY: 8:00am---7.8 miles(12k) 8:15---3.85 miles(6k) 8:20am---Tot Trot 1/3m**  
Run distances are as close to listed miles as possible. Start times may change, so come early. Please circle your run for registration.

**Release Form**

BEING OF SOUND MIND, I HEREBY RELEASE AND HOLD HARMLESS LAKE OF THE PINES ASSOCIATION FROM ANY LIABILITIES AND/OR SUITS RESULTING FROM AN INJURY OR DAMAGE AS A RESULT OF THE LAKE RUN. ALSO, IF MY CHILD IS ENTERING, I GIVE PERMISSION FOR HIM/HER TO PARTICIPATE. MY CHILD IS PHYSICALLY CAPABLE OF COMPLETING THE LAKE RUN. I GRANT PERMISSION TO LAKE OF THE PINES ASSOCIATION TO USE ANY PHOTOGRAPHS OF THIS EVENT FOR ANY LEGITIMATE PURPOSES. I HAVE READ AND UNDERSTAND THE EVENT RULES/INSTRUCTIONS & WILL ABIDE BY THEM.

\_\_\_\_\_  
SIGNATURE – ADULT, PARENT, OR LEGAL GUARDIAN DATE SIGNED

\_\_\_\_\_  
PRINT NAME – ADULT, PARENT, OR LEGAL GUARDIAN EMERGENCY CONTACT & PHONE #

**EVENT DAY CHECK-IN & RUN INSTRUCTIONS ON BACK**  
**PLEASE READ CAREFULLY**

## **Event Day Check-In & Run Instructions**

*Please Read Carefully*

1. Check-in and event registration for distance runs is between 7:00-7:45am at Swimming pool area. Tot Trot sign ups start at 8:15am. Brief run instructions for distance runs will be given at 7:50am. Runners going twice around the lake will all start at 8:00am or as soon as possible. Runners going once around the lake will start at 8:20am and the Tot Trot will run once around the parking lot starting at 8:40am.
  
2. Bib numbers will be handed out during registration. Numbers are needed for processing at the finish.
  
3. Interference/interruption with timekeepers during or after the race is discouraged. Let them do their job.
  
4. All runners need to be at the start area by main beach area by Clubhouse by 7:45am  
**All runners should run on the inside of the cones away from the street.**
  
5. **Twice around the lake run :** Start at main beach area, turn right on Lakeshore North, right on Torrey Pines, right on Lakeshore South, right at the Dam, right at Lakeshore North, run past the driveway at Clubhouse and repeat the course. Finish turning right into the Clubhouse driveway, around the roundabout and finish.
  
6. **Once around the lake run:** Start at main beach area, turn right on Lakeshore North, right on Torrey Pines, right on Lakeshore South, right at the Dam, right at Lakeshore North  
Finish turning right into the Clubhouse driveway, around the roundabout and finish.
  
7. **Tot Trot:** Starts at main beach area, run up past courts 1 & 2, right across driveway to lower parking lot, around the bend by courts 3 & 4 and back towards the Clubhouse going around the roundabout.
  
8. **Awards:** This run is a Fun Run and there will be no awards.
  
9. Refreshments & snacks will be available for the runners throughout the course and at the finish line.
  
10. Pre-registration allows the event committee to know exactly how many are participating. Knowing how many will participate helps us plan and provide sufficient coverage for the event.

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Sizes are limited, so first come, first served for choice of size.

Web Site at [LOPSAC.COM](http://LOPSAC.COM) (Look for “Lake Fun Run” Link under activities & upcoming events.)

**Proceeds from this event will support other Sports & Activities events and the  
LOP Community**