

Monument Firefighters' Association

1st Annual Fundraiser

Stop Drop & Run 5K



June 1, 2008 8:00 AM
Lewis Palmer High School
Monument, CO 80132

Sponsors



**** additional sponsors are still being added ****

Race Details – ** Check-in begins at 7:00 AM on race day **

5K Run/Walk: out & back on Higby Road and finish in the LPHS track

Kids Fun Run: Ages 6+ = 400 meter ...start approx 9:30 AM
Ages 5 & under = 100 meter ...start approx 9:45 AM

- Kids 12 & under - free with a paid entry + a free gift
- All paid entrants will receive a race-logo tech shirt.
(NOTE: official blue shirts guaranteed to first 200 entrants)
- All paid entrants will receive a raffle ticket for a chance to win a prize from various sponsors.
(Additional raffle tickets can be purchased on RACE DAY: \$1.00 per ticket or 5 tickets for \$3.00)
- Multiple vendors will be on site after the race
- Free post-race food & beverage

Awards

Awards (from Boulder Running Company) will be presented to top three (3) finishers for male and female runners.

Entry Form can be mailed in or dropped off at the following locations:

- Any Tri-Lakes Monument Fire Station
 - Station 1 – 18650 W. Hwy 105
 - Station 2 – 18460 Roller Coaster Road
 - Station 3 – 1855 Woodmoor Drive
- Boulder Running Co. – 3659 Austin Bluffs Pkwy #32, Colorado Springs, CO 80918

For any questions or information, call Tri-Lakes Monument Fire at (719) 484-0911.

******* RACE-DAY registration will begin at 7:00 AM *******

Race will be held, rain or shine. No refunds will be given.

Stop Drop & Roll 5K

June 1, 2008

Lewis Palmer High School
Monument, CO 80132

Directions

From I-25, take Exit 161 (Monument); go east to Jackson Creek Pkwy; go south to school.

Or, from I-25, take Exit 158 (Baptist Rd); go east to Jackson Creek Pkwy; go north to school.

Entry Form: 2008 Stop Drop & Run 5K

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ E-mail: _____

DOB: ____/____/____ Sex: M F T-shirt: XS S M L XL XXL
****Note: all shirts are in men's sizing ****

Signature: _____

Parent/Guardian Signature (if under 18)

Entry Fee:

5K Run/Walk:

Early bird - \$18.00
**Deadline: May 29, 2008
5:00 PM**

Race Day - \$23.00

Makes checks payable to:
**Monument Firefighters'
Association**

If mailing in entry, mail check and entry form to:

Monument Firefighters' Assoc.
Attn: Mo Ayala
PO BOX 351
Monument, CO 80132

Amount Enclosed: _____

LIABILITY WAIVER: MUST BE SIGNED BEFORE SUBMITTING

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants and wildlife, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Stop Drop & Run race, Monument Firefighters' Association, Tri-Lakes Monument Fire Protection District, USATF, the town of Monument, El Paso County, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purpose, including advertising, marketing, and editorial release.