

# Run for Lawson

## 5K /10K and 1 mile run/walk

### Date & Time

Saturday, September 28, 2013  
 1 Mile - 8:00AM Start Time  
 5K / 10K - 8:30AM Start Time

### Location:

Holy Comforter Episcopal School  
 2001 Fleischmann Road  
 Tallahassee, FL 32308

### Registration

For easy online registration visit  
[www.RunForLawson.org](http://www.RunForLawson.org). **Online registration is OPEN THROUGH midnight September 24.**

Mail in completed entry form to Race Headquarters at:  
 Run for Lawson  
 4223 Capital Circle NW

Tallahassee, FL 32303 - Ph: 850-562-1022

**Make all checks payable to: Run for Lawson**

### Entry Fees:

(all entry fees are non-refundable/ non transferable)

#### 5K / 10K Race

\$20 through September 27 (\$15 without a shirt)  
 \$25 day of race - cash or check only.

#### Youth Pricing (17 and Under)

\$15 through September 27 (\$10 without a shirt)  
 \$25 Day of Race- cash or check only.

#### 1 Mile

\$15 through September 27 (\$10 without a shirt)  
 \$20 Day of Race - cash or check only

**Day of Registration opens 7:00 am**

### T-Shirts:

All participants will receive a special event day Tech t-shirt. Must register by 9/20/13 to be guaranteed t-shirt.

### Packet Pick-Up

Pre race pick up of race number and t-shirt at Golds Gym North, 2695 NE Capital Circle, Tallahassee. Thursday, September 26, and Friday, September 27 from 4pm to 7pm. Packets will be available on race day from 7:00am to 8:00am at the race.

### Awards and Timing

Awards are given in overall and age group categories. Overall awards are given to male and female, overall masters male and female. Age group awards are given 3 deep to each male and female in the following categories: 14 and Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. This event will be timed with the RFID Ultra disposable chip on bib system.

### Beneficiary

This event is being done in the memory of Lawson Mayfield. Proceeds will benefit the National Meningitis Association and meningitis education and awareness efforts by the Lawson Mayfield Memorial Foundation.

### Restrictions: this is an off-road course

For safety reasons, in-line skates, skateboards, and dogs will not be allowed on the race course. Baby joggers and strollers are welcome but must start at the back of the starting corral.

### Team Registration (5K/10K only)

#### Register you and 3 friends as a team!

Teams must have a minimum of 4 members.

Only top 4 team members are scored.

All team members will appear in individual results.

### Team Categories:

All Male, All Female, or Co-ed. Co-ed must have at least 1 female.

ALL Teams MUST Pre-Register. NO day of event team registration.

## Run for Lawson 2013

### 5K / 10K and 1 mile run/walk

Please check one:

5K Run  10K Run  1 Mile Fun Run

OFFICIAL USE ONLY

Last Name

First Name

Date of Birth (mm/dd/yy)

Age

Address (street)

Apt/Suite #

Male

Female



Shirt Size:

No Shirt

Youth

 S  M  L  XL

Adult Unisex

 S  M  L  XL  XXL

Women's Specific

 S  M  L  XL  XXL

**RunForLawson.org**

City

State

Zip Code

Method of Payment

Cash

Check

Amount Enclosed

Phone

Email Address

### Team Registration (minimum 4 to have a team)

All Male  All Female  Co-Ed

Team Name: \_\_\_\_\_

If you attend or work at a local school please list school name: \_\_\_\_\_

**Mail completed entry form to:** Run for Lawson, 4223 Capital Circle NW, Tallahassee, FL 32303

### All Checks Payable to: Run for Lawson

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.** By indicating your acceptance, you understand, agree, warrant and covenant as follows: As a condition of my entry being accepted I intend to be legally bound and do hereby for myself, my heirs, and executors, waive and release all rights and claims for damages which may hereafter occur to me against Holy Comforter Episcopal School, Race Time Sports, Run for Lawson Event organizers, Lawson Mayfield Memorial Fund, Inc., Toe 2., CNL Financial Group and Affiliates, Event Beneficiaries and their agents, representatives, successors, assignees, and sponsors from any and all claims or liability of any kind that may arise from my participation in the this 5K event, even though that liability may arise out of negligence or carelessness on the part of the releasees. If I should suffer injury or illness, I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest that I am physically fit and hereby grant full permission to any and all of the foregoing to use photographs, video tape, motions pictures, recordings, or any other record of this event, with my likeness for any purpose whatsoever. I also understand that by registering for this event I may receive notification about future events via the information I provide. I AM OF LEGAL AGE AND I HAVE READ AND UNDERSTAND THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature Required

Parent or Guardian Signature required if under 18 years of age