

DOG DAYS OF SUMMER

Lexington Cross Country



5K Run & Dog Walk

Saturday, August 5, 2023

8:00 a.m. Lexington High School-Ray Ehlers Stadium



Mail or drop off entry form:
Lexington High School
atten: Sam Jilka
1400 Minuteman Drive
Lexington, NE 68850

ONLINE REGISTRATION



<http://www.runreg.com/lex-xc-5krun>

Name: _____ Male _____ Female _____

Address: _____ Age (Race Day): _____

City: _____ State: _____ Zip: _____

Phone Number: (____) _____

Race: 5K _____ 1 mile Fun Run _____ Dog walk participant _____

Shirt Size: (Youth) Small Medium Large
(Adult) Small Medium Large X-Large XX-Large

Registration Amount: \$15.00– 1 mile Fun Run \$20.00– 5k Run/Dog Walk –
Pre-registration due July 28—after July 28 \$25 Registration fees non-refundable
Race Day Registration \$25 (not guaranteed shirt or size)
Checks payable to Lexington Public Schools

Waiver: I know that running a road race is a potentially hazardous activity. I am in proper physical condition to compete in this run/ walk and assume all risks associated with my participation including, but not limited to, falls, contact with other participants, and 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. I will not wear headsets or any device that restricts my hearing or other perception. In consideration of this entry, for myself and anyone entitled to act on my behalf, I waive and release all race officials, volunteers, sponsors, and any others associated with this event.

Signature of Participant/Parent if under age of 18 Date

I understand that participating in the Dog Days of Summer 5K run and dog walk on August 5 2023 includes an element of risk both to myself and the dog(s) I have entered. I should not participate unless both the dog(s) and I are physically able and properly trained. I agree to abide by any decision of an event official relative to my, and my dog's, ability to compete in this event safely. I also understand that both vehicle traffic and spectators may be present along the course and I assume the risk of participating under such conditions. I further assume any and all other risks associated with participating in this event including, but not limited to contact with spectators or other participants or dogs, the effects of weather (including temperature extremes and humidity) and the surface condition of the streets and road. All such risks being understood and appreciated by me. I also affirm that the dog(s) I will be participating with are with current Rabies (if over 4 months of age), Distemper, and Bordetella (kennel cough) vaccines before the walk. I further agree to abide by all the rules of participation in this event: keeping my dog on a leash and cleaning up any waste. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself or anyone else who might claim on my behalf, covenant to sue, and waive and release event officials, volunteers and any and all other sponsors, Lexington Public Schools, and the City of Lexington and any others associated with this event.

Signature of Participant/Parent if under age of 18 Date

