

Cheadle Lake

10th Annual

5/10k Fun Run, Walk



Kids' Obstacle Dash

Chip Timed Runs

Saturday, May 4, 2019

Cheadle Lake Park

on Weirich Drive, Lebanon, Oregon

Kids' Obstacle Dash

- 1/2 mile course - for kids 10 yrs. and younger.
- 9:00 a.m. start

First 150 registered online FREE!
Use coupon code: DASH

10k Run & Walk

- 6.2 mile course through the park and along the lake - all ages.
- 9:30 a.m. start for runners. 9:35 a.m. start for walkers.

5k Fun Run & Walk

- 3.1 mile course through the park and along the lake - all ages.
- 9:30 a.m. start for runners. 9:35 a.m. start for walkers.

Packet Pickup & Registration

7:30 a.m. to 9:00 a.m.

Awards & Raffle

Stick around for the celebration!



cheadlelakerun.com

2019 REGISTRATION

Cheadle Lake 5/10k Fun Run & Walk and 1/2 Mile Kids' Obstacle Dash

Chip timing for runs.

Register online, or fill out this form and mail to address below.
<https://runsignup.com/Race/OR/Lebanon/BLTCheadleLakeFunRunWalk>

Saturday, May 4, 2019

Cheadle Lake Park on Weirich Drive, Lebanon, Oregon

Select a category.

- Adult 5k or 10k Run or Walk** \$20 before 3/1/19
\$25 starting 3/1/19
\$30 starting 4/1/19
\$35 day-of event 5/4/19
- Student 5k or 10k Run or Walk** - 18 and under \$10
- Kids' Obstacle Dash** - 10 and under \$10
First 150 registered online FREE!
- Family, any event** - same household \$50/family
Ask about rates for groups of 10 or more.
Participant total: \$_____

T-SHIRTS - Order prior to April 26th. This year's event t-shirts are \$15 each (Heather Blue, 50/50 cotton/poly). Specify how many of each size you would like.

- Adult** XS (32-34") _____ S (35-37") _____ M (38-40") _____
L (41-43") _____ XL (44-46") _____ XXL (47-49") _____
- Kid's** XS (4) _____ Kid's S (6-8) _____ Kid's M (10-12) _____ Kid's L (14-16) _____
- T-shirt total:** \$ _____
Grand total: \$ _____

Select the event you're participating in.

- 5k Run** **5k Walk**
 10k Run **10k Walk**
 1/2 Mile Kids' Obstacle Dash

For family registration, fill in a separate form for each participant with their name, their event, and a waiver signature.

NAME _____

ADDRESS _____

EMAIL _____

AGE ON RACE DAY _____ MALE FEMALE

EMERGENCY CONTACT NAME _____

EMERGENCY PHONE NUMBER _____

Mail-In Registration prior to April 30th. Mail check or money order to P.O. Box 2604, Lebanon, OR 97355, ATTN: Cheadle Lake Run. Make check out to "Build Lebanon Trails" with "BLT Cheadle Lake Run" in the memo area.

Online Registration is open until 11:59 p.m. on May 2, 2019
Or <https://runsignup.com/Race/OR/Lebanon/BLTCheadleLakeFunRunWalk>

Waiver & Release (mandatory) - please sign below. I know that running/walking/dashing/volunteering in this event is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and have sufficient stamina to safely and successfully complete this event without harm or injury to myself. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running/walking/dashing/volunteering in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road and/or course, all such risks being known and appreciated by me. In consideration of the acceptance of my entry in this event, I, my heirs, executors, administrators and assigns, waive, release and discharge any and all rights and claims for damages against the Cheadle Lake Run race directors and designated race officials, City of Lebanon, County of Linn, Cheadle Lake Park, land owners, Build Lebanon Trails, and all other participating sponsors, agents and employees of such parties for all claims of damages, demands, actions, whatsoever in any manner arising from my participation in this event. I grant permission to all of the foregoing: the use of any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event. By signing my name below, I agree to all the statements, terms, and waivers outlined above, and certify that I am medically able to perform this event and am in good health, and I am properly trained.

PARTICIPANT SIGNATURE:

X _____

GUARDIAN SIGNATURE: (if participant is under 18 years of age)

X _____

Mail the registration form, keep the other half as a reminder.

