



# MEDVED LILAC 10K & 5k Family Fun Run

**Sunday May 23, 2010 Highland Park, Rochester, NY**  
**5K: 8 am 10K: 9 am**

*Our Event serves as the USATF Niagara Association Open and Masters 10K Championship*

[www.medvedrunwalk.com](http://www.medvedrunwalk.com) and [www.lilacfestival.com](http://www.lilacfestival.com)

**(585) 248-3420**



**Entry Fee Payable to: Lilac Festival 2010** \_\_\_\_\_ \$18 by mail if postmark by 5/18; in person by 5/22  
 (GRTC Members receive \$3 discount on pre registration) \_\_\_\_\_ \$20 race day \_\_\_\_\_ \$27 both 5K & 10K (pre registered)

\_\_\_\_\_  
 Last Name First Name M.I.

\_\_\_\_\_  
 Number & Street Phone

\_\_\_\_\_  
 Town/City State Zip Code

\_\_\_\_\_  
 5K 10K 5K & 10K Sex Age Shirt Size GRTC Member Partner Name (5K Family Division)

\_\_\_\_\_  
 Brighton Resident USATF Niagara Assoc # How is Partner Related to You (5K Only)

Complete this form and mail to: **Medved Running and Walking Outfitters, Atten: Lilac 10K/5K, 3400 Monroe Ave., Rochester, NY 14618**

I know that running a road race is a potentially hazardous activity. I should not participate 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 this event. I assume all risks associated with running this event (or series) including, but not limited to, falls, contact with other participants, the effect of weather, traffic, and conditions of the road, all such risks being known and understood 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 Lilac Festival, Inc., Beau Productions, Greater Rochester Visitor's Association, City of Rochester, County of Monroe, Town of Brighton, Medved Running and Walking Outfitters, Monroe Ambulance, Greater Rochester Track Club, Genesee Valley Harriers, USATF Niagara Association, Sportsnet, Sponsors and agencies and municipalities, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

\_\_\_\_\_  
 Signature of Runner Signature of Parent/Guardian of Runner under 18 years of age