

THE LAKE HAVASU HIGH SCHOOL CROSS COUNTRY TEAM PRESENTS

# THE 9<sup>th</sup> ANNUAL FIGHTING KNIGHTS 5K CROSS COUNTRY FUN RUN



**SATURDAY, SEPTEMBER 28<sup>th</sup>, 2019 at 7:00 AM**  
**BRIDGEWATER LINKS GOLF COURSE**  
**PARKING AND ENTRANCE IN ROTARY PARK**  
**1400 S. SMOKETREE AVE.**  
**LAKE HAVASU CITY, AZ**

Enjoy the experience of running in a classic cross country race. The 5K course (3.1 miles) consists of two loops on rolling golf course terrain. All proceeds benefit the Lake Havasu High School Boys and Girls Cross Country Program. This event precedes the 37<sup>th</sup> Annual Mark Weston Cross Country Invitational. Participants are invited to stay for the meet.

**Medals will be awarded to the top 50 finishers. All participants will receive a free gift.**

**Entry Fee:** \$20.00 – Pre-registration (before September 25<sup>th</sup>)  
\$25.00 – Race day registration  
Make checks payable to: LHHS  
Fee is non-refundable and non-transferable.

**Registration:** Send completed form and cash or check to:  
5K Cross Country Fun Run  
c/o Erika Washington, Cross Country Coach  
Lake Havasu High School  
2675 S. Palo Verde Blvd.  
Lake Havasu City, AZ 86403

Race Day Registration and Check-In starts at 6:00 AM  
Race Results will be posted on the "LHHS Cross Country" Facebook page

For more information, call (928)854-5001 ext. 4108 or email [erika.washington@lhhsd.org](mailto:erika.washington@lhhsd.org)

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

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day: \_\_\_\_\_ Gender (circle one): M F

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Additional donation: \$ \_\_\_\_\_

Please read the following statement and sign before submitting entry. In consideration of your acceptance of this entry, I herein, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with said event. Also, none of the above is responsible for the loss of personal items or any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. In filling out this form, I acknowledge that I am an amateur in such events. I also give permission for the free use of my name and picture in any broadcast, telecast, print media, or online account of this event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions.

\_\_\_\_\_  
Entrant's Signature (Parent/Guardian if under 18 years of age)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date