



LIGHTHOUSE 5K & 1 Mile Fun Run

SATURDAY, AUGUST 18TH
 @ Myers Park in Lansing, NY
 To benefit the Lansing High School
 Cross Country Team

SCHEDULE

7am - 8:15 am: Race day registration
 and Packet/Bib pickup
 8:30 am: Fun Run
 9:00 am: 5K

COURSE

The flat, fast course follows paved and dirt roads
 around Myers Park and Salt Point. The race starts
 and finishes in Myers Park.

REGISTRATION/FEES

Fun Run: FREE
 5K: \$17 for early registration, \$22 after 8/1
 Both men's and women's sizes in performance race
 shirts. Shirts guaranteed for early entries.

AWARDS

- * Ribbons to every Fun Run finisher
- * Top winners in each age category
 (under 15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- * First 5K in the Triple Town Grand Prix Race
 series with Dryden and Groton

SIGN-UP ONLINE! www.runsignup.com (Enter "Lansing Lighthouse 5K")

OR MAIL/BRING ENTRY FORM AND FEE TO: LIGHTHOUSE 5K, Lansing Park & Rec. Dept., 29 Auburn Rd., PO Box 186, Lansing, NY 14882
 Make checks payable to: Lansing Booster Club/Cross Country

FOR MORE INFORMATION go to our website - lansingxctf.weebly.com

LIGHTHOUSE 5K & 1 Mile Fun Run
SATURDAY, AUGUST 18TH @ Myers Park in Lansing, NY

RACE: (Circle One) **1 Mile Fun Run *Free*** - **5K Race: \$17 Fee** (before 8/1) - **\$22 Fee** (after 8/1)

Make Checks payable to: Lansing Booster Club/Cross Country

T-SHIRTS: (Circle One Size)

Men's Small - Men's Medium - Men's Large - Men's X-Large

Women's Small - Women's Medium - Women's Large - Women's X-Large

Name (Print Clearly): _____

Address: _____ **City, State:** _____ **Zip** _____

Phone _____ **Email** _____ **Age** (Race Day) _____ **Gender** _____

WAIVER: In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims for damages which I may have against the Town of Lansing, Property owners, Lansing Central School District and its officials, the race, or the race organizers, agents, representatives, successors, and assignees for any and all damages which may be sustained by my competing in or travelling to or from the Lighthouse 5K race. I hereby certify that I have sufficiently trained and am physically fit to compete in this event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give permission for the media to use my name and picture in any newspaper, broadcast, telecast, or any other account of this event with no obligation of anyone to compensate me further.

Signature _____ **Date** _____

Signature of parent or guardian (if under 18) _____