

Race Specifics

Labor Day

Monday, Sept. 2, 2019

9:00 a.m. - Race Starts

Warwick Middle School

6:45 a.m.

- ◆ Registration Opens
- ◆ Packet Pick Up
- ◆ \$20 Pre-Race Registration
- ◆ \$30 Race-Day Registration
- ◆ Children's Race following 5K Race
- ◆ \$5 per child
- ◆ Logo by Walter Ross
- ◆ Timing by:
Second Wind Race Timing
- ◆ Music on course provided by:
Storm DJs
- ◆ Post Race Refreshments
- ◆ Course Certified by USATF
5K: USATF #NY17076
5 Mile: USATF #NY 17077

List of Prizes

(TEE SHIRTS ARE GUARANTEED TO FIRST 350 5K + 5 MILE PRE-REGISTERED ONLY)

Award Presentations Following Children's Fun Run

Runners

- ◆ Cash and trophies awarded to top three overall male and female finishers.
- ◆ Medals to top three finishers in each age group (male and female).

Walkers

- ◆ Cash and medals awarded to first place male and female overall finishers.

Children's Fun Run

- ◆ SORRY, NO SHIRTS WILL BE AVAILABLE FOR THE KID'S RUN

5K Race ~ Age Groups

10 & Under	20-29	50-59
11-15	30-39	60-69
16-19	40-49	70-79
		80+

5 Mile Age Groups

Start at 20 to 29 years

Children's Fun Run

5 yrs. and under ~ 100 meters • 6 - 8 yrs. ~ 200 meters • 9 - 12 yrs. ~ 300 meters

Course Records ~ 5K Runners

2018 Nicholas Paneto, New Hampton (16:34)

2018 Kayla Schramm, Goshen (19:38)

Course Records ~ 5 Mile

2018 Jessica Dovico, Chester (38:10)

2018 Mike Chow, Wappingers Falls, NY (28:02)

For more information please contact

Race Directors: George McManus (845) 986-3054 or Jack Ellis (845) 986-1405

Email: McManus@warwick.net • www.warwicklionsclub.org

ENTRY FORM - Pre-Registration Date - August 19, 2019

Make registration checks payable to **WARWICK LIONS 5K** Any registrations after 8/19 will be charged Race Day Fee
Mail to: WARWICK LIONS CLUB - P.O. Box 667, Warwick, NY 10990 845-986-3054 - Email: McManus@warwick.net

Name: _____ City: _____ State: _____ Zip: _____

Address: _____

Phone: _____ Sex: M F Age on race day: _____

Email: _____

Race Category: 5K Run 5K Walk 5 Mile Kid's Run Small Medium Large X-Large

Guarantee T-Shirt to 1st 350 People

T-Shirt Size: Small Medium Large X-Large

(T-shirts are for the 5K + 5 Mile only) (Sorry, no shirts will be available for the Kid's Run)

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, here, for myself, my heirs, executors and administrators, waive and release any and all rights claims for damages I may have against Lions International, The Warwick Lions Club, The Friends of Warwick Valley Central School District, the Town and Village of Warwick, Warwick Police, Fire and Ambulance depts., and any other sponsors to be named, and volunteers, for any and all injuries suffered by me, and further, I agree to save them harmless and to indemnify them. I attest that I am physically fit and have sufficiently trained for the competition of this race and my physical condition has been verified by a licensed medical doctor.

Signature: _____ (Parent or Guardian if under 18 years): _____
Form can be reproduced - only 1 entry per form.

PLACE
STAMP
HERE



28th Annual



2019 Race, Fitness Walk & Children's Fun Run

to benefit the
Lions Club High School Scholarships
and Community Projects
www.warwicklionsclub.org

Held at
Warwick Middle School
West Street Ext.
Warwick, New York

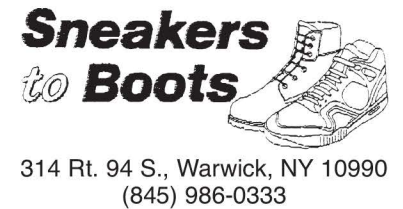
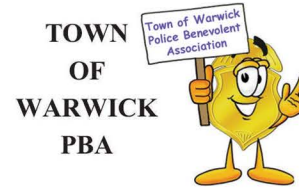
Labor Day
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9:00 a.m.



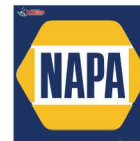
register online at
active.com
IT'S FAST AND EASY!
(www.active.com)

Warwick Lions Club 5K Race
P. O. Box 667
Warwick, NY 10990

Thanks to the Sponsors
The Lions Labor Day 5K Race / Walk is made possible by the work of dedicated
volunteers and the generous support of our sponsors. Thank you one and all.



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