

PLACE  
STAMP  
HERE

UNITED WE STAND



# 23rd Annual



The Carol McManus Memorial Run  
**2014**

## Race, Fitness Walk & Children's Fun Run

*to benefit the*  
Lions Quest Program  
& High School Scholarships  
[www.lions-quest.org](http://www.lions-quest.org)

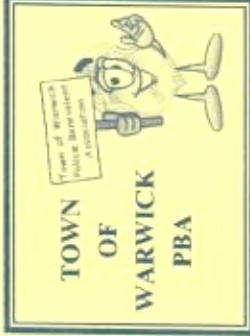
*Held at*  
Warwick Middle School  
West Street Ext.  
Warwick, New York

**Labor Day**  
**Monday, Sept. 1, 2014**  
**9:00 a.m.**

register online at  
**active.com**  
IT'S FAST AND EASY!  
([www.active.com](http://www.active.com))

### 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.



WARWICK RESOURCE GROUP  
John W. Sanford & Son Inc  
INSURANCE SINCE 1864

NYTKO  
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LEHMAN & GETZ, P.C.  
Consulting Engineers



314 Rt. 94 S., Warwick, NY 10990  
(845) 986-0333

WARWICK VALLEY  
TEACHERS  
ASSOCIATION



470 Route 17A, Florida, NY 10921



33 Main Street • Warwick, NY 10990  
(845) 986-4581



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

# Race Specifics

## Labor Day

Monday, Sept. 1, 2014

9:00 a.m. - Race Starts

Warwick Middle School

### 7:30 a.m.

- ◆ Registration Opens
- ◆ Packet Pick-Up
- ◆ Early Packet Pick-up 8/30/14 @ Sneakers to Boots 11am-2pm
- ◆ \$20 - Pre-Race Registration
- ◆ \$25 - Race Day Registration
- ◆ Children's Race following 5K Race
- ◆ \$4 per Child
- ◆ Logo by K& W Graphics
- ◆ Timing by Super Race Systems
- ◆ Music on course provided by Storm DJs
- ◆ Fantastic Door Prizes
- ◆ Post Race Refreshments
- ◆ Course Certified by Orange Runner Club
- ◆ Custom T-Shirts

# List of Prizes

(Tee shirts are guaranteed to 5K + 5 Mile pre-registered only)

Award Presentations and Door Prizes 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

- ◆ Ribbons are awarded to first, second and third place for each age group.

### 5K Race ~ Age Groups

9 & Under	17-19	40-44	60-64
10-12	20-29	45-49	65-69
13-14	30-34	50-54	70-74
15-16	35-39	55-59	75-79
			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

2000 Ryan Kirkpatrick, Cornwall, NY (14:31)

2004 Aislinn Ryan, Bellvale, NY (16:49)

### Course Records ~ 5 Mile

2012 Suzanne LaBurt, Greenwood Lake, NY (34:30)

2012 Zack Pierce, Glenwood, NJ (27:57)

For more information please contact

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

Email: [McManus@warwick.net](mailto:McManus@warwick.net) • [www.warwicklionsclub.org](http://www.warwicklionsclub.org)

## ENTRY FORM - Pre-Registration Date - August 15, 2014

Make registration checks payable to WARWICK LIONS 5K

Any registrations after 8/15 will be charged Race Day Fee

Please cut and mail to: WARWICK LIONS CLUB - P.O.BOX 667 - WARWICK, NY 10990 - 845-986-3054 - Email: [McManus@warwick.net](mailto:McManus@warwick.net)

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

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

Phone: \_\_\_\_\_ Sex:  M  F Age on race day: \_\_\_\_\_

Email: \_\_\_\_\_ Guarantee T-Shirt to 1st 400 People

Race Category:  5K Run  5K Walk  5 Mile  Kid's Run 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.