

# Race Specifics

## Labor Day

**Monday, Sept. 5, 2016**

**9:00 a.m. - Race Starts**

**Warwick Middle School**

**7:00 a.m.**

- ◆ Registration Opens
- ◆ Packet Pick-Up
- ◆ \$20 - Pre-Race Registration
- ◆ \$25 - Race Day Registration
- ◆ Children's Race following 5K Race
- ◆ \$5 per child
- ◆ Logo by Walter Ross
- ◆ Timing by Super Race Systems
- ◆ Music on course provided by Storm DJs
- ◆ Post Race Refreshments
- ◆ Course Certified by Orange Runner Club

# List of Prizes

(TEE SHIRTS ARE GUARANTEED TO FIRST 350 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

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

## 5K Race ~ Age Groups

<b>10 &amp; Under</b>	<b>20-29</b>	<b>50-59</b>
<b>11-15</b>	<b>30-39</b>	<b>60-69</b>
<b>16-19</b>	<b>40-49</b>	<b>70-79</b>
		<b>80+</b>

## 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 • www.warwicklionsclub.org*

# **ENTRY FORM - Pre-Registration Date - August 20, 2016**

Make registration checks payable to **WARWICK LIONS 5K**

Mail to: **WARWICK LIONS CLUB - P.O. Box 667, Warwick, NY 10990**

Any registrations after 8/20 will be charged Race Day Fee  
845-986-3054 - Email: McManus@warwick.net

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

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

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

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

Guarantee T-Shirt to 1st 350 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.

PLACE  
STAMP  
HERE



# 25th Annual



## 2016 Race, Fitness Walk & Children's Fun Run

*to benefit the*  
**Lions Club High School Scholarships  
and Community Projects**  
[www.warwicklionsclub.org](http://www.warwicklionsclub.org)

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

**Labor Day  
Monday, September 5, 2016  
9:00 a.m.**

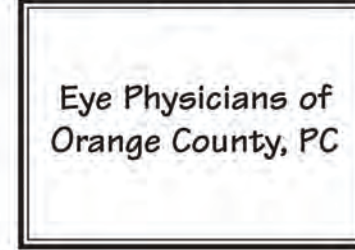
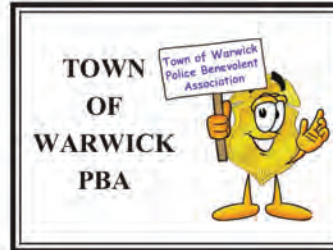


([www.active.com](http://www.active.com))

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.



		<b>NYTKO ELECTRIC</b>	<b>Sneakers to Boots</b>  314 Rt. 94 S., Warwick, NY 10990 (845) 986-0333
 <b>G&amp;T AUTO PARTS of Warwick</b>	 13 Oakland Ave Warwick, NY 10990 <a href="http://www.Seely-Durland.com">www.Seely-Durland.com</a>	<b>WARWICK VALLEY TEACHERS ASSOCIATION</b>	
 <b>Vogel &amp; Moore Agency Warwick, NY</b>	 33 Main Street • Warwick, NY 10990 (845) 986-4581	<b>LEHMAN &amp; GETZ, P.C. Consulting Engineers</b>	