



Lansing Harbor Festival

Lighthouse 5K

& 1 Mile Fun Run

Sat. Aug 13th @ Myers Park in Lansing, NY

To benefit the Lansing Central Schools Cross Country program



Schedule:

- 7am – 8am: Packet pickup/Race day registration at pavilion G
- 8am: Fun Run
- 8:30am: 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 (T-shirt available for \$5)
- 5K: \$15 before July 29th, \$20 after and day of race. Shirts guaranteed for early entries.

Mail/Bring entry form and fee to:

*LIGHTHOUSE 5K
Lansing Park & Rec. Dept.
29 Auburn Rd.
PO Box 186
Lansing, NY 14882*

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+)
- * Youngest and Oldest Awards

Make check payable to:

Lansing Sports Boosters/Cross Country

Check One 1 Mile Fun Run _____ 5K Race _____

Check One T-Shirt Sm. _____ Med. _____ Lg. _____ XL _____

5K fee _____ + Fun Run T _____ = Total _____

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 Community Council, Lansing Central School 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) _____