



Lansing Harbor Festival

# Lighthouse 5K

& 1 Mile Fun Run

Sat. Aug 14th @ 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 an old railroad bed and dirt and paved road 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 30<sup>th</sup>, \$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*

**Make check payable to:**

*Lansing Cross Country Team*

**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

**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 \_\_\_\_\_

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)** \_\_\_\_\_