

Race Specifics

Labor Day

September 5, 2011

9:00 a.m. - Race Starts

Warwick Middle School

- ◆ Registration Opens
- ◆ Packet Pick-Up
- ◆ \$18 - Pre-Race Registration
- ◆ \$20 - Race Day Registration
- ◆ Children's Race following 5K Race
- ◆ \$3 per Child
- ◆ Logo by K& W Graphics
- ◆ Timing by Fast Finishes
- ◆ Music on course provided by Storm DJs
- ◆ Pre-Race Warm Up
- ◆ Fantastic Door Prizes
- ◆ Post Race Refreshments
- ◆ Course Certified by Orange Runner Club
- ◆ Custom T-Shirts
- ◆ Complimentary Messages

7:30 a.m.

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+
15-16	35-39	55-59	

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 ~ Runners

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

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

Course Records ~ Walkers

2002 Erika Reed, Goshen, NY (27:11)

2004 Dave McGovern, Mobile, AL (22:02)

For more information please contact

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

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

ENTRY FORM - Pre-Registration Date - August 22, 2011

Make registration checks payable to **WARWICK LIONS 5K**
Please cut and mail to: **WARWICK LIONS CLUB • 17 HIGHLAND AVE. • WARWICK, NY 10990 • (845) 986-3054 • Email: McManus@warwick.net**

Name: _____

Address: _____

Phone: _____

Email: _____

Race Category: 5K Run 5K Walk 5 Mile Kid's Fun T-Shirt Size: Small Medium Large X-Large

(T-shirts are for the 5K + 5 Mile only)

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

UNITED WE STAND



Warwick Lions Club 5K Race
17 Highland Ave.
Warwick, New York 10990

Provident Bank



20th Annual



The Carol McManus Memorial Run

2011

Race, Fitness Walk & Children's Fun Run

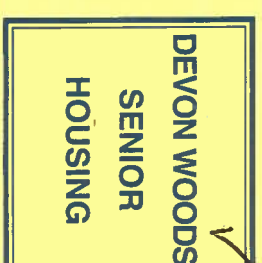
to benefit the
Lions Quest Program
www.lions-quest.org

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

Labor Day
Monday, Sept. 5, 2011
9:00 a.m.

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



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



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470 Route 17A, Florida, NY 10921



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

WARWICK VALLEY
TEACHERS
ASSOCIATION

WARWICK VALLEY COUNCIL
OF PTA'S

