

Doug Henwood Memory Walk Entry Form

---Please print in ink, detach and return bottom portion only---

Name: _____

LHS Graduation Date: _____

Address: _____

City, State, Zip Code _____

Phone: _____

E-mail address: _____

Shirts are given to those who donate \$10 or more to the scholarship fund. If you would like to make a donation and want a shirt, please circle your shirt size below.

Small Medium Large X-Large 2X-Large

Waiver: In consideration of the acceptance of participating in this event, I waive for myself and my heirs any and all claims for damages against the sponsors, their representatives and all race officials and volunteers for any injuries received during this event. I attest and verify that I am physically fit to participate in this event. I understand that this race is not sponsored by Lancaster City Schools.

Signature _____ Date _____
(Parent or Guardian for participants under 18 yrs of age)

41st Annual Lancaster 5K Memorial Day Rooster's Run Monday, May 30th, 2016 8:30 AM



In 2016, the Lancaster Memorial Day 5K continues its tradition as one of the longest-running road race events in Ohio. The race starts and finishes at Lancaster High School and is run over a flat, extremely fast course, certified by USATF. As always, the Lancaster Memorial Day 5K is an excellent value, offering many valuable prizes, one of the lowest entry fees in the area and a free race for the littlest ones after the 5K.

Proceeds from the Memorial Day 5K benefit the Lancaster Boys and Girls Track and Cross Country Teams.

Race Location: Lancaster High School, 1312 Granville Pike (Rt. 37), just south of the Ohio University – Lancaster Branch.

Entry Fee: \$20 before May 20th; \$25 after May 20th & on race day

Race Day Registration & Packet Pick-up: 7:00AM to 8:00AM

Race Time: 8:30AM start for the 5K; kids' races follow the finish of the 5K

Awards:

- To the top three male and female finishers
- To the top 3 in each age group; 14 & under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over
- Awards to all registered participants in the kids' races.

Also,

- Door prizes donated by local businesses
- T-shirts to the first 100 registered participants
- Bountiful Food & Refreshments after the race

Directions:

- **From the Columbus metro area:** Rt. 33 SE to the 33 business route; left on Coonpath to SR 37; right on 37 to LHS (on left).
- **From the Southeast:** Rt 33 NW to the 33 business route to Fair Ave; right on Fair Ave to Arbor Valley; left on Arbor Valley to LHS
- **From the West and Southwest:** Rt 22 or 188 to the 33 business route to Fair Avenue; then, as above.
- **From the North and Northeast;** SR 37 to LHS.

8th Annual Doug Henwood Memory Walk Monday, May 30th, 2016 10:00 AM

This event will happen at the conclusion of the 5K race. It starts and finishes in front of LHS and takes a walk down the bike path and through the track facilities. There will be an opportunity to leave written messages on athlete placards. All donations to participate in this walk will be accepted and added to the Doug Henwood Memorial Scholarship Fund. **Race Day Registration for the walk will be from 8:00AM- 9:30 AM**

Please complete the correct registration form below, sign and return with entry fee or donation to: **LHS Track and Cross Country Parents' Organization, Attn: Christine Simmons 1509 Zimmer St Lancaster, Ohio 43130.** Please make checks payable to the LHS Track and Cross Country Parents' Organization. Please note: entry fees are not refundable. **You may also now register online at www.lancastertrackxc.com**

5K Memorial Day Entry Form

--Please print in ink, detach and return bottom portion only----

Name: _____

Date of Birth: _____

Age: _____ Male/Female (Circle one)

Address: _____

City, State and zip code _____

Phone: _____

E-mail address: _____

Shirt Size: Small Medium Large X-Large (circle one)

Waiver: In consideration of the acceptance of this race entry, I waive for myself and my heirs any and all claims for damages against the sponsors, their representatives and all race officials and volunteers for any injuries received during this event. I attest and verify that I am physically fit and have trained sufficiently for this competition. I understand that this race is not sponsored by Lancaster City Schools.

Signature

Date

(Parent or Guardian for participants under 18 yrs of age)