

# 43<sup>rd</sup> Annual Lancaster 5K Memorial Day Rooster's Run

Monday, May 28th, 2018

8:30 AM



In 2018, 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. And this year's t-shirt will be a dri-fit tech shirt featuring a new design!

**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 20<sup>th</sup> & 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
- Dri-fit tech shirts to the first 175 registered participants
- 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 Ave; then as above.
- **From the North and Northeast:** SR 37 to LHS.

Please complete the correct registration form below, sign and return, with entry fee or donation to:  
**LHS Track and Cross Country Parents' Organization, PO Box 1442, Lancaster, Ohio 43130.**

Please make checks payable to the LHS Track and Cross Country Parents' Organization. Please note: entry fees are not refundable.

## 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.

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**Signature**

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

**Date**

I cannot participate but would like to make a donation to the organization in the amount of \$\_\_\_\_\_