

Lift Bridge Memorial Day 5K

May 29, 2017



Race Day Registration: 8:00 a.m.

Race Time: 9:00 a.m.

Course: Rolling 5K course through historic Ashtabula Harbor. The race will begin and end on the west side of the Ashtabula Lift Bridge on Bridge Street in the Ashtabula Harbor.

Pre-Registration: By May 28th is \$15. Race day is \$20 with all proceeds going to the Lakeside Boys and Girls Cross Country teams. Tee shirts will be provided to the first 75 people who register. On-line registration is available at: <https://register.chronotrack.com/r/28701>

Awards: Overall male and female winners receive trophies. First place finishers in each age group (Male & Female) will receive medals. Second and third place finishers in each age group (Male & Female) will receive ribbons. Age categories: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

Timing and Scoring: Stasny Road Racing (ChronoTrack Chip Timing)

For more Information: Call Erik van't Veer 440.477.9823



Results at Ashtabula Distance Runners Club (ADR): www.ashtabuladistancerunners.org

A USA Track and Field sanctioned event

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Event: 5K _____ Make checks payable to: **Lakeside Athletic Boosters**

Mail check and entry form to: Stasny Road Racing, PO Box 443, Ashtabula, OH 44005-0443

Race Director: Erik van't Veer 440.477.9823



Name: _____ Sex: _____ Age: _____ T-Shirt Size _____

Address: _____ City: _____ State: _____ Zip: _____

Emergency Contact #: _____ Email: _____

I accept that I compete in this event at my own risk and I hereby waive and release the event, Ashtabula city, sponsors, contributors, supporters, officials, and Stasny Road Racing, LLC associated with the event from all rights and claims for any accident, injury, or loss suffered as a consequence of my participation. Signing this race form also grants Stasny Road Racing, LLC permission to add your email to their database and use race photos and video from the event on social media and internet outlets.

Date: _____

Signature: _____

Must be signed by parent (if under 18 years)