Ichabod Headless One Mile Run Walk
November 5, 2017

Registration: 3:00 p.m. **Race Time:** 4:00 p.m.

Course: Lakeside High School parking lot by the stadium

Registration cost: Register by November 1st and the cost is $10. Register after November 1st and the cost is $15. All proceeds will benefit Lakeside Boys Cross Country Team. T-shirts will be available to the first 50 registered runners.

Awards: Ribbons for five-year age groups 5 and under, 6-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 and over.

- Timing and Scoring: Stasny Road Racing & Chronotrack Chip Timing
- On-line Registration: https://stasnyroadracing.com/upcoming-events/
- Race Director: Erik van't Veer 440.477.9823
- Race Sponsor: Wychock Physical Therapy
- Results and Grand Prix information at: ashtabuladistancerunners.org

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Make checks payable to**: Lakeside Athletic Boosters** and mail to **Erik van't Veer, 438 Myrtle Avenue, Ashtabula, OH 44004**

Cost: Register by November 1st and the cost is $10.
Register after November 1st and the cost is $15 $_____

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

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

Phone #: _____ Email: _____

I accept that I compete in this event at my own risk and I hereby waive and release the event, Ashtabula Area City Schools, Stasny Road Racing, and all sponsors, contributors, supporters, and officials associated with the event from all rights and claims for any accident, injury, or loss suffered as a consequence of my participation.

Date: _____

Signature: _____
Must be signed by parent (if under 18 years)