

30th Annual



LABOR DAY 5K

2021

Race, Fitness Walk & Children's Fun Run

to benefit the
Lions Club High School Scholarships and Community Projects
www.warwicklionsclub.org

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

Labor Day
Monday, September 6, 2021
9:00 a.m.



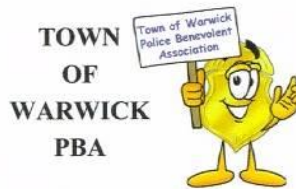
(www.active.com)

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.



HUDSON SPORTS COMPLEX



Kennedy Companies
 Warwick, New York



 LYNCH WEALTH STRATEGIES PLAN * BUILD * PRESERVE	 NAPA G&T AUTO PARTS of Warwick 314 Rt. 94 S., Warwick, NY 10990 (845) 986-0333	 Sneakers to Boots 314 Rt. 94 S., Warwick, NY 10990 (845) 986-0333
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 wahoo DOCKS A MEECO SULLIVAN COMPANY	 HORIZON FAMILY MEDICAL SHUANG-PING WANG, MD	 orange county sports club OCSC sports, fitness & fun
 State Farm Clocktower Building 845-986-7100 65 Main Street, Suite 101 Warwick, NY	 ENGINEERING & SURVEYING PROPERTIES 845-457-7727	 THOM WOGLOM CONSTRUCTION LLC
 Seely & Durland INSURANCE 13 Oakland Ave Warwick, NY 10990 www.Seely-Durland.com	 TRACK 7 POSTAL CENTER	

Race Specifics
Labor Day
Monday, Sept. 6, 2021

9:00am - Race Starts
Warwick Middle School

6:30 a.m.

- ◆ Registration Opens
- ◆ Packet Pick Up
- ◆ \$20 Pre-Race Registration
- ◆ \$30 Race-Day Registration
- ◆ Children's Race
following 5K Race
- ◆ \$5 per child
- ◆ Logo by Walter Ross
- ◆ Timing by:
Second Wind Race Timing
- ◆ Music on course provided by:
Storm DJs
- ◆ Post Race Refreshments
- ◆ Course Certified by USATF
5K: USATF #NY17076
5 Mile: USATF #NY 17077

List of Prizes

(TEE SHIRTS ARE GUARANTEED TO FIRST 350 5K + 5 MILE PRE-REGISTERED ONLY)

Award Presentations 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

- ◆ SORRY, NO SHIRTS WILL BE AVAILABLE FOR THE KID'S RUN

5K Race ~ Age Groups

10 & Under	20-29	50-59
11-15	30-39	60-69
16-19	40-49	70-79
		80+

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 ~ 5K Runners

2019 Behailu Bekele-Acruri, Warwick (16:10)

2019 Shanna Beairsto (19.32)

Course Records ~ 5 Mile

2019 Mike Chow, Wappingers Falls, NY (26:00)

2019 Masha Portinasky, Brooklyn, NY (32.53)

For more information please contact

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

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

ENTRY FORM - Pre-Registration Date - August 27, 2021

Make registration checks payable to **WARWICK LIONS 5K**
Mail to: WARWICK LIONS CLUB - P.O. Box 667, Warwick, NY 10990

Any registrations after 8/27 will be charged Race Day Fee
845-986-3054 - Email: McManus@warwick.net

Name: _____

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

Phone: _____ Sex: M F Age on race day: _____

Email: _____ Guarantee T-Shirt to 1st 350 People

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

(T-shirts are for the 5K + 5 Mile only) (Sorry, no shirts will be available for the Kid's Run)

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.