

## Race Specifics

Labor Day

Monday, Sept. 5, 2022

9:00am - Race Starts  
Warwick Middle School

6:30 a.m.

- ◆ Registration Opens
- ◆ Packet Pick Up
- ◆ \$25 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
- ◆ 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 Bearisto (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, 2022

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.