

**The Third Annual
Lancaster Festival 5K Run
August 1, 2009 – 8:30 A.M.
Lancaster, Ohio**



As part of the Lancaster Festival, the Third Annual Lancaster Festival 5K Run will be held on Saturday, August 1, 2009 at 8:30 a.m. The event will bring many participants, spectators, and volunteers to Lancaster's historic downtown area for the race, food and family fun afterwards. This year's Lancaster Festival 5K Run is part of the Lancaster Festival Grand Prix Series of road races. Participants in the Grand Prix earn points toward overall and age-group championships as they support the fundraising for central Ohio foundations and programs. The Lancaster Festival is proud to once again support these "runners for the benefit of others".

Registration: 7:00 – 8:00 a.m.

Race begins: 8:30 a.m.

Race course: Start & finish on South Broad St. at Fountain Square Park in downtown Lancaster, Ohio

Entry Fee: \$15 (postmarked by July 25) \$20 (postmarked after July 25)

Awards: Awards will be presented to the top male and female runners in each age division, plus the top three male and female finishers overall. Award divisions based on your age the day of the race.

Age groups: 13 & under, 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

For Lancaster Festival Details visit: www.lanfest.org

Race Contact: John Zishka 740-756-4439 or 740-808-6829

REGISTRATION FORM

Name _____ Male _____ Female _____ Age on Race Day _____

Address _____

City _____ State _____ Zip _____

Please select from the following:

_____ \$ 15 postmarked by July 25 _____ \$ 20 postmarked after July 25 or Race Day Registration

T-Shirt Size: _____ S _____ M _____ L _____ XL

Make checks payable to: LANCASTER FESTIVAL 5K

I hereby release the Lancaster Festival, the Lancaster Track & Cross Country Parent Organization and all race sponsors and officials from all claims of damages that may arise from my participation in the Lancaster Festival 5K. I have full knowledge of all the risks involved and certify that I am physically fit and have trained sufficiently to participate in this race. By signing below, I give my permission to use my name and photograph for release of results and for promotion purposes of the Lancaster Festival 5K.

Signature of Participant

Signature of Parent/Guardian if under 18 years old

Mail registration form and entry fee to:

Lancaster Festival 5K

P.O. Box 1452

Lancaster, Ohio 43130-6452

For Lancaster Festival details visit: www.lanfest.org