



LAKWOOD FAMILY YMCA "2006 FIRECRACKER RUN"



TUESDAY, JULY 4, 2006 - 9:00 AM START TIME

10K RUN!!!

2 MILE RUN!!!

2 MILE WALK!!!

KIDS RACES!!!

REGISTRATION:

Check-in and late registration will be at Lakewood Beach between 7:00-8:30 AM. The race will start promptly at 9:00 AM. The Kids Races will start at 9:30 AM.

ENTRY FEE:

\$15.00 for Runners. \$15.00 for Walkers. \$ 2.00 for Kids Races.
Entry fees received the day of the race will be \$20.00.
Kids will not receive a T-shirt.

COURSE:

Paved, generally flat, few slight inclines. Course description on back page.

AWARDS:

T-shirts will be guaranteed to the first 300 paid entrants.

10K Run:

Prizes will be awarded to the first 3 overall male and female finishers.
Age group awards will be given to the top 3 finishers in each division.

2 Mile Run/Walk:

Top 5 male and female finishers will receive awards for 2 Mile Run and 2 Mile Walk.

Kids Race:

All participants in the Kids Races will receive prizes.

DIVISIONS:

Men:

14 & under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Women:

14 & under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Kids:

2-12 year olds will be placed in age groups and run different distances according to age.

MAKE CHECKS

PAYABLE TO: Lakewood YMCA

MAIL ENTRIES

TO:

Lakewood Family YMCA
183 E. Fairmount Avenue
Lakewood, NY 14750
For additional information call (716) 763-0303.



JOIN US !!!

After the Race stay for our Awards Ceremony at the Gazebo. All kids will receive awards!

Also:

11:00 AM M & T Bank Money Hunt at Playground

- This year's "Amy King 5K Run" will be held Saturday, November 25, 2006

SPONSORS



RACE DIRECTIONS

The race starts at Lakewood Beach.

Follow Terrace East to Beechwood Restaurant.

Return West on Summit to Webster, Erie and Green Street.

Take Summit to Terrace and return to the beach.

The final loop will go to Southland Avenue to Summit.

Turn right down Chautauqua Avenue to finish line.



REGISTRATION FORM

Event: 10K Run 2 Mile Run 2 Mile Walk Kids Races

Name: _____ Sex: _____ Age: _____
first last

Address: _____
street city state zip

Phone: _____

T-Shirt Size: S M L XL

Additional T-shirts may be ordered at \$8.00 each. Please enclose entry fee and additional T-shirt amount with application.

Additional T-Shirts: _____ @ \$8.00 \$ _____
quantity/size
Total Amount Enclosed: \$ _____

Release & Waiver: I, on behalf of myself, my heirs, executors, administrators, and assigns, do hereby waive and release any and all claims against the YMCA, Wegmans, , M & T Bank, Pepsi, Univera, The Village of Lakewood, The Town of Busti, and all others who may be affiliated with these races for any and all damages or injuries that may result from this event. I also attest that I am physically fit and qualified to participate in this race.

Entrants Signature

Parent Signature (18 Yrs. or Younger)

OFFICE USE:	PCS # 03414	Cycle: 04GG
Date _____	Amt.Pd. _____	
Receipt# _____	Initials _____	