

Lansdowne Memorial Day

5K

Race



Run/Walk

May 25th 2009

www.LansdownesFuture.org/5krace

Make check payable to: **Lansdowne Economic Development Corporation, 23 S. Lansdowne Ave., Lansdowne, PA 19050**

Name: _____

Address: _____

City: _____

State: _____ Zip: _____ Phone: _____

Email: _____ Age (as of 5/25/09): _____ Gender: M F

T-shirt size: XS, YM, YL or Adult S, M, L, XL, XXL Event: 5K Run ___ 5K Walk ___

Release: In consideration of being permitted to participate in this event, I hereby for myself, my heirs, and personal representatives assume any all risks which might be associated with the event and further waive, release, discharge and covenant not to sue sponsors, officials, contributors, organizers, volunteers and beneficiaries or their successors and assignees for any and all injuries or damages of any kind whatsoever suffered by me as a result of taking part in the event and/or any related activities. I also give permission for free use of my name and picture in any broadcast, telecast or other accounts of the event.

Signature: _____ Date: _____

Additional Runners/Walkers (family pack) Max 4 entries

Name	Sex	Age	Shirt size

Waiver Signature: _____ Date: _____

5K Run ___ 5K Walk ___

Waiver Signature: _____ Date: _____

5K Run ___ 5K Walk ___

Waiver Signature: _____ Date: _____

5K Run ___ 5K Walk ___

\$ enclosed: _____

Lansdowne Memorial Day 5k Race
 %o Lansdowne Economic Development Corporation
 23 S. Lansdowne Avenue
 Lansdowne PA 19050

May 25th 2009

Race starts at **8:30 am** with the walk immediately following at **Veterans Mini Park** (across from Theater).

Race runs through Central Business District and historic areas of Lansdowne.

Stay for Lansdowne's Memorial Day Parade right after the race.

Awards (5K RUN ONLY):

Prizes will be awarded to the top male & female finishers plus the top three males and females in each of the age groups.

Amenities:

T-Shirts for first 250 registrants
Food & drinks, prompt awards
Ample parking, bathrooms, water, refreshments

Age Groups (Male and Female):

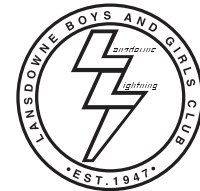
10 and under
11-14
15-19
20-29
30-39
40-49
50-59
60 and over

Run/Walk Fee:

\$10, Youth, 14 and under before May 18
\$15, Youth, 14 and under after May 18
\$15, Adult, before May 18
\$20, Adult, after May 18
\$40, Family Rate, before May 18
\$55, Family Rate, after May 18

To enter call **610.745.4013** or go to **www.LansdownesFuture.org/5krace**

A portion of proceeds will benefit the **Lansdowne Boys and Girls Club**

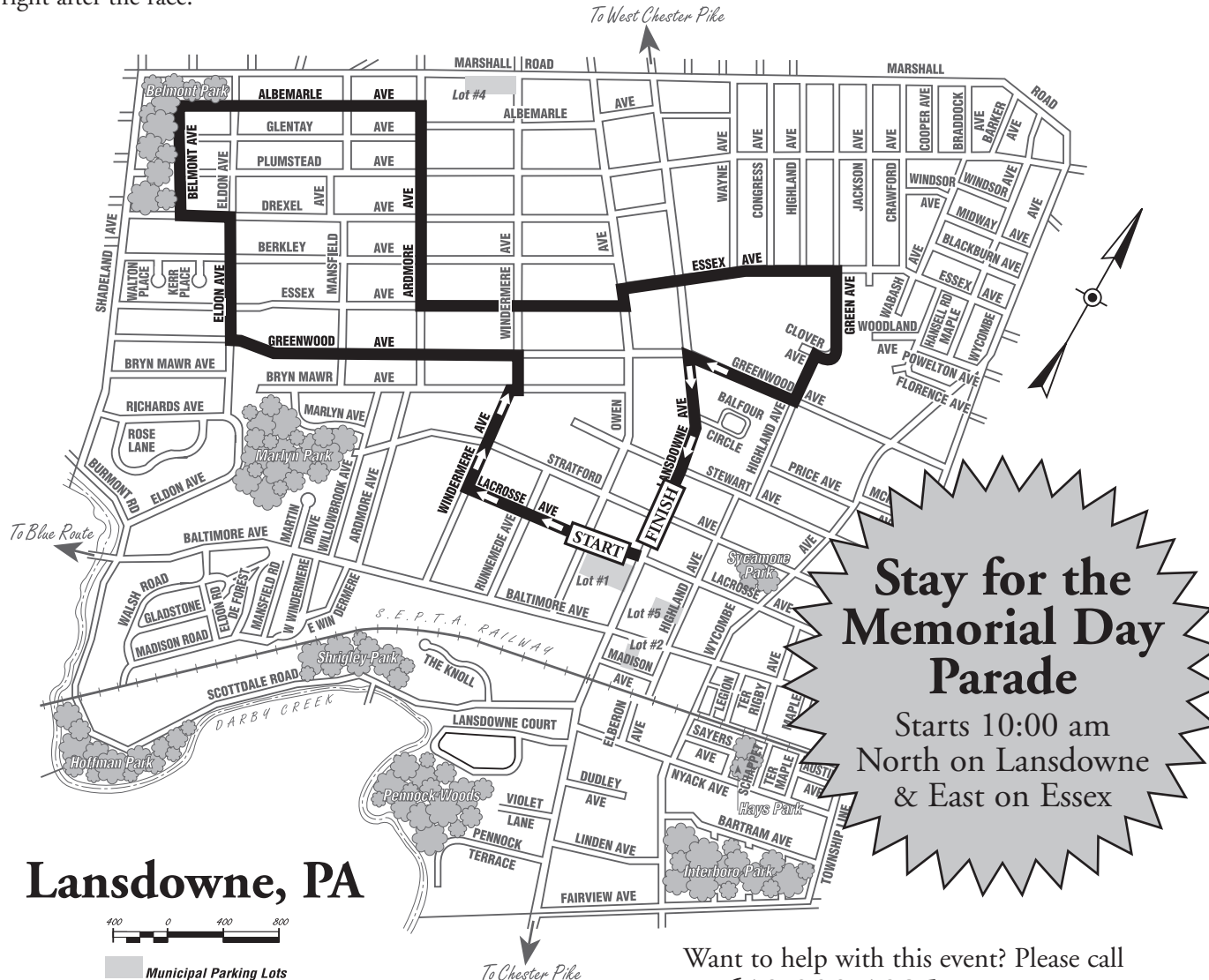


The Lansdowne 5K is an initiative of the Lansdowne Main Street Program, a project of the Lansdowne Economic Development Corporation (LEDC).

Visit the LEDC online at

www.LansdownesFuture.org

The LEDC is a 501(c)(3) organization that receives support from the Borough of Lansdowne and the Pennsylvania Department of Community and Economic Development.



**Stay for the
Memorial Day
Parade**

Starts 10:00 am
North on Lansdowne
& East on Essex

Want to help with this event? Please call
610.220.1385 to volunteer.

Lansdowne, PA

