

**1st  
Annual**

# Lyme Away 5K Run/Walk

## Sunday, October 23, 2016

**50% of the proceeds will benefit:**

**5K Start: 9:30 AM**



**1/2 mile Fun Run begins after the completion of the 5K.**

**at  
Luther Forest Athletic Fields, 30 Rocket Way, Malta, NY**

5K Entry Fee: \$22 until October 10, then \$27 until October 22

Race Day Registration: \$30 (7:30 AM - 8:30 AM)

T-Shirt guaranteed to all 5K Run/Walk competitors who register by October 10.

Fun Run Entry Fee: \$5 or \$5 worth of non-perishable food donated the day of event (no shirt for Fun Run participants).

Course: Cross country style including grass, paved path, wooded trail.

Awards to the 1st male & female overall and 1st, 2nd, and 3rd of each age group (no duplicate awards).

Age Groups (men & women):

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



**Online Registration at: <https://runsignup.com/Race/NY/BallstonSpa/LymeAway5K>**

**Questions: [LymeAway5K@gmail.com](mailto:LymeAway5K@gmail.com)**

Return bottom portion of entry form and make checks payable to:

Spa City Running Club, P.O. Box 1562, Clifton Park, NY 12065

☐ 5K Run/Walk

☐ Fun Run (no shirt)

Name \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Sex \_\_\_\_\_ Shirt Size: S M L XL

Address \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

I know that running a cross country race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Lyme Away 5K, Spa City Running Club, Lyme Action Network, Town of Malta, Malta Athletic Association, and the Luther Forest Technology Campus, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parent or guardian required if under 18) \_\_\_\_\_

Date \_\_\_\_\_