

In Conjunction  
With the  
Famed  
Beach Spectacular  
and Fireworks Display

# 5K On The Lake

## WEEKEND EVENTS

SATURDAY, JULY 6th, 2019

8:30 A.M.

AT FORMER SITE OF  
LAKEVIEW ELEMENTARY

LAKEVIEW, OH

## REGISTRATION

Pre-registration by 7/1/19: Run and t-shirt \$20

Pre-registration by 7/1/19: Run only \$15

Race Day Registration (shirts while supplies last): \$25

\*Packet pick-up 7:30-8:15 A.M. at the school

330 West Lake Street

Lakeview, Ohio 43331

\*Proceeds benefit the Indian Lake Cross Country program and a  
Scholarship for an Indian Lake Senior.

\*Online Registration

Held on the first Saturday in July. Bring the kids to Old Field Beach for a day of fun in the sun. Beginning at 11 a.m., watch the Indian Lake Pageants (Beach Baby Contest, Little Miss, Jr. Miss, Miss Indian Lake, and Mr. Indian Lake Contests), Indian Lake's Got Talent, and Car Show. Thousands of tourists travel to Indian Lake for the magnificent fireworks, which glow over the lake. To contribute to the firework's fund, contact the Chamber office at 937-843-5392 or donate online.

Events - All at Old Field Beach  
Cruise-In registration at 10 a.m.  
Pageants start at 11 a.m.  
Open Mic after pageants  
Fireworks at 10 p.m.

[http://www.indianlakechamber.org/beach\\_fireworks](http://www.indianlakechamber.org/beach_fireworks)

## AWARDS

Top male/female runners

Big Orange Shoe Shop gift cards for a pair of shoes (\$80.00 value)

Top 3 in the following male/female age groups:

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

Course Record

Bobby Moldovan (2016) – 14:39

Brittany Moldovan (2017) – 18:22

## COURSE

\*Accurate 5K with each mile marked.

The course will start on N. Main Street (County Rd 270), then you will turn left onto Township Road 87, then another left onto Township Road 83, finally another left onto County Rd 82 (W. Lake Street). It will end in front of the school. It is mostly flat with one or two gentle rolls.

\*\*There will be water stops at the 1 and 2 mile markers.

## MORE INFO

For more info, you can contact the following:

IL Cross Country Coaches: [ilcc@ils-k12.org](mailto:ilcc@ils-k12.org)

Kristen Glink: 937-935-3941

Visit <http://www.cantstoprunningco.com>

Send to: 5K On The Lake, P.O. Box 65, Rushsylvania, OH 43347. Checks should be made payable to: Indian Lake Cross Country

Name \_\_\_\_\_ Age \_\_\_\_\_ (on 7/6/19) Sex: M F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_ Shirt Size (Adult): S M L XL XXL No Shirt

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

In consideration of my entry, I do for myself, my executors, administrators, and assignees, do hereby release and discharge all sponsors and race officials for all claims damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that, I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature (Parent or guardian if under 18) \_\_\_\_\_