



Lansing Lighthouse 5k

August 18, 2018

SITE:

Myers Park
1 Lansing Park Rd.
Lansing, NY 14882

Contact Christine:
lhf.lighthouse5k@gmail.com

<http://lansinglighthouse5k.weebly.com/>

Race Times: 1 Mile Fun Run.....8:30
5K.....9:00

Sponsoring Organizations:

All Three Races are sponsored by and support their local Cross Country Programs



The Triple Town Grand Prix



Dryden Run for the Pride

August 26, 2018

SITE:

Dryden High School
118 Freeville Rd.
Dryden, NY 13053

Contact Ilene: imh6@cornell.edu

Drydenrunforthepride.com

Race Times: 5k.....8:30

Note: This is a Cross Country style race.

See Individual Websites for:

- ♦ Course Maps
- ♦ Entry Fees



Groton Labor Day 5K

September 3, 2018

SITE:

Groton High School
400 Peru Rd.
Groton, NY 13073

Contact Scott: sweeks@groton.cnyric.org

Grotonlaborday5k.com

Race Times: 1 Mile Fun Run...9:00
5k.....9:30

Awards:

- *Top 3 Males
- *top 3 Females
- ***The places will be scored using a cumulative time from all three races. There is no additional charge to be part of this series, but you must do all three 5Ks to be in the running for these awards.