

33rd Annual



2024

Race, Fitness Walk & Children's Fun Run

to benefit the
Lions Club High School Scholarships
and Community Projects
www.warwicklionsclub.org

Held at
Warwick Middle School
West Street Ext.
Warwick, New York

Labor Day
Monday, September 2, 2024
9:00 a.m.

register online at
active.com
IT'S FAST AND EASY!
(www.active.com)

Thanks to the Sponsors
The Lions Labor Day 5K Race / Walk is made possible by the work of dedicated volunteers and the generous support of our sponsors. Thank you one and all.



314 Rt. 94 S., Warwick, NY 10990
(845) 966-0333



G&T AUTO PARTS
of Warwick



Race Specifics

Labor Day
Monday, Sept. 2, 2024

9:00am - Race Starts
Warwick Middle School

6:45 a.m.

- ◆ Registration Opens
- ◆ Packet Pick Up
- ◆ \$25 Pre-Race Registration
- ◆ \$30 Race-Day Registration
- ◆ Children's Race following 5K Race
- ◆ \$5 per child
- ◆ Logo by Walter Ross
- ◆ Timing by:
- ◆ **Second Wind Race Timing**
- ◆ Music on course
- ◆ Post Race Refreshments
- ◆ Course Certified by USATF

5K: USATF #NY17076

5 Mile: USATF #NY 17077

List of Prizes

(TEE SHIRTS ARE GUARANTEED TO FIRST 300 5K + 5 MILE PRE-REGISTERED ONLY)

Award Presentations Following Children's Fun Run

Runners

- ◆ Cash and trophies awarded to top three overall male and female finishers.
- ◆ Medals to top three finishers in each age group (male and female).

Walkers

- ◆ Cash and medals awarded to first place male and female overall finishers.

Children's Fun Run

- ◆ SORRY, NO SHIRTS WILL BE AVAILABLE FOR THE KID'S RUN

5K Race ~ Age Groups

10 & Under	20-29	50-59
11-15	30-39	60-69
16-19	40-49	70-79
		80+

5 Mile Age Groups

Start at 20 to 29 years

Children's Fun Run

5 yrs. and under ~ 100 meters • 6 - 8 yrs. ~ 200 meters • 9 - 12 yrs. ~ 300 meters

Course Records ~ 5K Runners

2019 Behailu Bekele-Acaturi, Warwick (16:10)

2019 Shanna Bearisto (19:32)

Course Records ~ 5 Mile

2019 Milke Chow, Wappingers Falls, NY (26:00)

2019 Masha Portnasky, Brooklyn, NY (32:53)

For more information please contact

Race Directors: George McManus (845) 986-3054 or Jack Ellis (845) 986-1405

Email: McManus@warwick.net • www.warwickclub.org

ENTRY FORM - Pre-Registration Date - August 18, 2024

Make registration checks payable to **WARWICK LIONS 5K**

Mail to: WARWICK LIONS CLUB - P.O. Box 667, Warwick, NY 10990

Any registrations after 8/18 will be charged Race Day Fee

845-986-3054 - Email: McManus@warwick.net

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Sex: ☐ M ☐ F Age on race day: _____

Email: _____ Guarantee T-Shirt to 1st 350 People

Race Category: ☐ 5K Run ☐ 5K Walk ☐ 5 Mile ☐ Kid's Run T-Shirt Size: ☐ Small ☐ Medium ☐ Large ☐ X-Large

(T-shirts are for the 5K + 5 Mile only) (Sorry, no shirts will be available for the Kid's Run)

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, here, for myself, my heirs, executors and administrators, waive and release any and all rights claims for damages I may have against Lions International, The Warwick Lions Club, The Friends of Warwick Valley Central School District, the Town and Village of Warwick, Warwick Police, Fire and Ambulance depts., and any other sponsors to be named, and volunteers, for any and all injuries suffered by me, and further, I agree to save them harmless and to indemnify them. I attest that I am physically fit and have sufficiently trained for the competition of this race and my physical condition has been verified by a licensed medical doctor.

Signature: _____ (Parent or Guardian if under 18 years): _____

Form can be reproduced - only 1 entry per form.