

Lancaster Bible College

2nd Annual Summer 5k Series

Hosted by Lancaster Bible College

Wednesday Evenings @7pm

June 14 - June 28 - July 12 - July 26 - August 9

Only \$10 entrance fee, teams welcome!

Races begin at the Horst Athletic Center and loop around the LBC campus on a wheel-measured 5k Course

Profits benefit LBC XC and Track teams.

Directed By Lancaster Bible College Cross Country.

Questions? Contact Coach Ryan Gehman at rgehman@lbc.edu or Clay Brenner 610-513-8237

PLEASE BRING THIS COMPLETED REGISTRATION FORM WITH YOU TO EACH RACE:

First Name _____ Last Name _____

Street Address _____ Email _____

Town/City _____ State _____ Zip _____

Race Day Age _____ Date of Birth ____/____/____ Gender: M F

Race T-Shirts will be awarded to the top 3 M/F overall winners and top M/F runner in each of the following age categories: 19 and under / 20-29 / 30-39 / 40-49 / 50-59 / 60 and over.

WAIVER: I am entering this race at my own risk and assume full responsibility for my own safety. I acknowledge I am in proper physical condition to participate. I understand the risks that accompany participating in the race. I hereby waive, release and discharge Lancaster Bible College, the venue and staff, volunteers / assistants, and any and all sponsors, of claims of liability for injuries, property damage, or death, from my own partaking in this race/series. This waiver applies to circumstances both seen and unforeseen.

I HAVE READ AND UNDERSTAND THIS

Signature: _____ **Date:** _____