



# LAKWOOD FAMILY YMCA "2009 FIRECRACKER RUN"



**SATURDAY, JULY 4, 2009 9:00 AM START TIME**

**10K RUN!!!      2 MILE RUN!!!      2 MILE WALK!!!      FREE KIDS RACES!!!**

**REGISTRATION:** Check-in and late registration will be at Lakewood Beach between 7:00-8:30 AM. The race will start promptly at 9:00 AM. **The Kids Races will start at 9:30 AM.**

**ENTRY FEE:** \$18.00 for Runners. \$18.00 for Walkers. Free for Kids Races. Entry fees received the day of the race will be \$20.00. Kids will not receive a T-shirt.

**COURSE:** Paved, generally flat, few slight inclines. Course description on back page.

**AWARDS:** T-shirts will be guaranteed to the first 300 paid entrants.  
 10K Run: Prizes will be awarded to the first 3 overall male and female finishers. Age group awards will be given to the top 3 finishers in each division.  
 2 Mile Run/Walk: Top 5 male and female finishers will receive awards for 2 Mile Run and 2 Mile Walk.  
 Kids Race: All participants in the Kids Races will receive prizes.

**DIVISIONS:**  
 Men: 14 & under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+  
 Women: 14 & under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+  
 Kids: 2-12 year olds will be placed in age groups and run different distances according to age.

**MAKE CHECKS**  
**PAYABLE TO:** Lakewood YMCA

**MAIL ENTRIES**  
**TO:** Lakewood Family YMCA  
 183 E. Fairmount Avenue  
 Lakewood, NY 14750  
 For additional information call (716) 763-0303.



## JOIN US!!!

After the Race stay for our Awards Ceremony at the Gazebo. All kids will receive awards!

Also:

11:00 AM M & T Bank Money Hunt at Playground  
 Ages 2-10

- This year's "Amy King 5K Run" will be held Saturday, November 28, 2009

SPONSORS



Pepsi Bottling Group

**RACE DIRECTIONS**  
 The race starts at Lakewood Beach.  
 Follow Terrace East to Beechwood Restaurant.  
 Return west on Summit to Webster, Erie and Green Street.  
 Take Summit to Terrace and return to the beach.  
 The final loop will go to Southland Avenue to Summit.  
 Turn right down Chautauqua Avenue to finish line.



**REGISTRATION FORM**

Event:       10K Run       2 Mile Run       2 Mile Walk       Kids Races

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_  
first last

Address: \_\_\_\_\_  
street city state zip

Phone: \_\_\_\_\_

T-Shirt Size:       S     M     L     XL

Additional T-shirts may be ordered at \$8.00 each. Please enclose entry fee and additional T-shirt amount with application.

Additional T-Shirts: \_\_\_\_\_ @ \$8.00      \$ \_\_\_\_\_  
quantity/size  
 Total Amount Enclosed:      \$ \_\_\_\_\_

*Release & Waiver: I, on behalf of myself, my heirs, executors, administrators, and assigns, do hereby waive and release any and all claims against the YMCA, Wegmans, M & T Bank, Univera, Cummins, Pepsi, Jamestown Primary Care, JAMA, Western NY Urology Assoc, LLC, The Village of Lakewood, The Town of Busti, and all others who may be affiliated with these races for any and all damages or injuries that may result from this event. I also attest that I am physically fit and qualified to participate in this race.*

\_\_\_\_\_  
 Entrants Signature

\_\_\_\_\_  
 Parent Signature (18 Yrs. or Younger )

OFFICE USE:	PCS # 03414
Date _____	Amt.Pd. _____
Receipt# _____	Initials _____

**Chautauqua Striders Running & Walking Club**

- Quarterly online newsletter    Upcoming race information    25% Discount on apparel at Cycle Shop  
 For membership information go to [www.chautauqua-striders.org](http://www.chautauqua-striders.org) or call Mike Engdahl at 485-6913