



**33<sup>rd</sup> Annual Lanesville Heritage Weekend Road Races**  
*Presented by Pacers & Racers*  
**Signed Waiver Required**

In consideration of the acceptance of my entry, I hereby for myself, me heirs, executors, administrators, personal representatives, successors, and assigns, waive, and release any and all rights, claims and actions, I have or may have against all persons and sponsors and associates promoting, volunteering, and/or staging the Lanesville Heritage Weekend Road Races on September 12, 2015. I attest and verify that I have full knowledge of the risks involved in this and that I am physically fit and sufficiently trained to participate. I also grant full permission to any and all of the foregoing to us my likeness for publicity/ promotional purposes without obligation or liability to me.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/ Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_  
*(Parent/Guardian's Signature required is participant is under 18 years of age)*



**Pacers & Racers, Inc.**  
 3602 Northgate Ct. #19  
 New Albany, IN 47150

**33<sup>rd</sup> Annual**  
*Lanesville*  
*Heritage Weekend*  
**Road Races**

**Saturday, September 12, 2015**

.....  
 Presented by  
**Pacers & Racers**  
 .....

*Lanesville Heritage Weekend*  
**Road Races**



**8 Mile Run - 8am**  
**5 Mile Non-Competitive Walk/Run - 8am**  
**2 Mile Kid's Run - 8:10am**

.....  
 Part of the  
**"Runner of the Year" Series**

# 8 Mile Run

Not for the faint at heart, the first three miles consist of winding roads and brutal hills. If you survive the first three miles, you are home free with flat roads until mile six. There begins a long, gradual downhill to push the pace. There will be 3 water stops throughout the course and mile splits will be called. Awards will be given to the top three finishers of each gender group.



- 14 & ↓      35-39
- 15-19      40-44
- 20-24      45-49
- 25-29      50-54
- 30-34      55-59
- 60 & ↑

# 2 Mile Kid's Run

The two mile Kids Run will start at Lanesville High School following an out & back course finishing on the track. Awards to the top 3 finishers in each of the following gender and grade based groups:



**K-2<sup>nd</sup>, 3<sup>rd</sup>-5<sup>th</sup>, & 6<sup>th</sup>-8<sup>th</sup>**

*\*Adult Shirts add \$5*



# 5 Mile Non-Competitive Walk/Run

This is an out and back course following the first 2.5 miles of the 8 mile course. Once half-way completed the course goes back downhill to the Lanesville High School track. Results will be kept but no awards will be given.



## Raffle Prizes:

- 5 pairs of Asics shoes and fitting from *Pacers and Racers*
- 1 sports bra fitting from *Pacers and Racers*



## Sponsored By:

- Pacers and Racers
- Braaten Family Eye Care, LLC
- First Federal Savings Bank
- Foot First Podiatry

Please take or mail to: Pacers & Racers, 3602 Northgate Cr. #19, New Albany, IN 47150  
*Make checks payable to Pacers & Racers*

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: (on 9/12) \_\_\_\_\_ Sex:  M  F Grade in School: (2 Mile Run) \_\_\_\_\_  
 Email: \_\_\_\_\_

8 Mile Run: \$20 (through Sept. 4th) \_\_\_\_\_ \$25 (after Sept. 4th) \_\_\_\_\_  
 5 Mile Walk/Run: \$20 (through Sept. 4th) \_\_\_\_\_ \$25 (after Sept. 4th) \_\_\_\_\_  
 2 Mile Run: \$10 (through Sept. 4th) \_\_\_\_\_ \$15 (after Sept. 4th) \_\_\_\_\_

**T-shirt size** (circle one) Men: S M L XL Women: S M L XL Youth: S M L