



37th Annual Lanesville Heritage Weekend Road Races
 Presented by *Lanesville Boys Basketball Team*
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 14, 2019. 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 use 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)



Lanesville High School
Attn: Mikel Miller
 2725 Crestview Ave NE
 Lanesville, IN 47136



Saturday, September 14, 2019



Race start:
Lanesville High School
 2725 Crestview Ave NE
 Lanesville, IN 47136

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

The 8 mile course leaves the high school gymnasium parking lot and winds into the surrounding countryside. This is one of the most scenic runs in Southern Indiana, as you will run past several farms and over beautiful rolling hills. The course will have three water stops and splits will be called at each mile marker.



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

2 MILE KIDS RUN

The 2 mile Kids' Run will start at Lanesville High School Track and follow an out-and-back course, finishing on the track. Awards are given to the top three finishers in each of the following gender and grade based groups:



K-2nd, 3rd-5th, & 6th-8th

**Adult Shirts add \$5*

THANK YOU

We would like to thank Pacers & Racers for their many years of dedication in fostering the growth of the Lanesville Heritage Road Race. The Lanesville Boys Basketball program is honored and excited for the opportunity to build upon the foundation Pacers & Racers have laid. Also, thank you to the Lanesville community for your continued support and we look forward to working with you to continue the rich tradition of the Lanesville Heritage Road Race.



5 MILE NON-COMPETITIVE WALK/ RUN

This is an out-and-back course starting at the same time as the 8 mile run. The course starts at the Lanesville High School gymnasium parking lot and once halfway completed, the course takes you back to finish on the Lanesville High School track.



***Times will be given but no awards will be given since its a walk or a run ***

If you are hoping to get out on a nice fall morning but don't feel you can run 8 miles, this is the race for you. It's also great for families who want to spend the morning together enjoying the scenic surroundings. Go as fast or slow as you feel comfortable with.

PACKET PICK-UP

Packet pick up will be at the Lanesville High School Gymnasium on **RACE DAY ONLY** starting at 6:45 am and ending at 7:45 am.

RAFFLE PRIZES

- 2 pairs of shoes and free custom fitting from *Pacers and Racers*
- More prizes on race day

Please take or mail to: Lanesville High School, 2725 Crestview Ave NE, Lanesville, IN 47136
Make checks payable to Lanesville High School (Memo: Heritage Races)

Last Name: _____ First Name: _____
 Address: _____ Phone: _____
 City: _____ State: _____ Zip: _____
 Date of Birth: _____ Sex: M F Grade in School: (2 Mile Run) _____
 Email: _____
 8 Mile Run: \$25 (through Aug. 29th) _____ \$30 (after Aug. 29th) _____
 5 Mile Walk/Run: \$15 (through Aug. 29th) _____ \$20 (after Aug. 29th) _____
 2 Mile Run: \$10 (through Aug. 29th) _____ \$15 (after Aug. 29th) _____
T-shirt size (circle one) **Men:** S M L XL XXL - Please add \$3 **Women:** S M L XL **Youth:** S M L