

LANCER 5K

*SUPPORTING ST. MARY'S STUDENTS AND FAMILIES
& HONORING THE GRISWOLD RUN'S 28TH YEAR!*

FRIDAY, SEPTEMBER 25TH

Location: St. Mary's High School – 142 Laverack Ave. Lancaster, NY 14086

Distance: 5K Run (certified to be accurate by NY16017JJ)

Race Starts: St. Mary's High School at 6:00 p.m.

Finish Line: Western New York Finish Line and Timing Services

Entry Fee:

- \$30 Pre-Registration (by September 23rd)
- \$35 Day-of Registration
- \$20 St. Mary's Students/Alumni
- \$20 Lancaster Striders/Checkers Runners

Age Groups: Male and Female – 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over

Overall Male and Female winners; 1st, 2nd, and 3rd in each age group

Additional Information: Available at St. Mary's High School or call 716-683-4824

Online Registration: <https://smhlancers.org/the-lancer-5k/>

Race Packet Pick-up: Day of race *ONLY*

Make Checks Payable to St. Mary's High School

ENTRY FORM

**Return to: St. Mary's High School
Attn: Lancer 5K
142 Laverack Ave. Lancaster, NY 14086**

Last Name

First Name

Street Address

Town/City

State

Zip Code

M / F

Sex

Age (as of race day)

Phone

PSN/BIB – Race Use ONLY

Shirt Size: S M L XL **First 100 registrants*

In consideration for my entry accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administration, waive, release, and forever discharge any and all claims and rights for damages which I have or which may hereafter occur to me against St. Mary's High School and the county of Erie, the race sponsors, and successors and assigns for any and all damages which may be sustained by me in connection with my association with or entry in and arising out of my traveling to, participation in, and returning from said event..

Signature

Parent Signature if under 18 years