

# 19<sup>TH</sup> ANNUAL LIONS RAMBLE

The Lions Ramble is organized by the Mohawk Valley Lions Club. It starts at Haslett Park

**Due to the flood washing out the bridge we will head west on the bike path this year!**

## BACK TO THE P.M. START

**DATE:** Saturday, June 14<sup>th</sup> 2014 Registration starts at 4:30 P.M. at Haslett Park in the center of Fort Plain.

**START TIME:** 10k – 5:30PM 2-mile – 5:35PM

**FEE:** \$15.00 Pre-registered (T-shirts to the first 75 runners)

\$20.00 day of the race

**FAMILY PLAN:** Sign up 2 at regular price 3<sup>rd</sup> and 4<sup>th</sup> are ½ price. (2=\$30.00, 3=\$37.50, 4=\$45.00)

Family plan is for Pre-registered only.

### AWARDS

Trophies for overall male and female in each race \*\*\* Trophies for all age group winners

Awards for top three Clydesdale finishers in each race\*\*\*Awards for top three three-man teams in the 10k

Awards for top three parent/child teams (1 in 10k, 1 in 2 mile, child must be under 19 years old day of race)

### COURSE RECORDS

10K- Ralph Trumble 34:34(1997) Michele Nizzi 39:34(1998)

2 Mile- Brendan Petty 10:40(2004) Kellie Lawton 13:03(2010)

**DIRECTIONS:** Exit Thru-way at Canajoharie, turn right, stay on 5-S to Haslett Park in Fort Plain

+++Walkers are welcome to enter in this event and will be timed+++

+++Refreshments available to all runners at the park+++

**QUESTIONS?:** Call John Geesler at 518-568-7509 e-mail: johngeesler@frontier.com

Make checks payable to: Central Mohawk Valley LC

Mail entries to John Geesler, 7803 St. Hwy. 5, St. Johnsville, N.Y. 13452

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In consideration of your acceptance of this entry, I the undersigned intending to be legally bound for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the village of Fort Plain, the Lions Club, their representatives, successors and assigns; for any injuries suffered by me in said event on June 14<sup>th</sup>, 2014. I verify that I am physically fit and have sufficiently trained for completion of the race I have entered. I am fully aware of the dangers inherent in any event of this nature, and am willing to accept the same.

**Signature** \_\_\_\_\_ **Parent Signature** \_\_\_\_\_

**Name** \_\_\_\_\_ **Date of birth** \_\_\_\_\_ **Sex** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**E-mail address** \_\_\_\_\_

**HI-TECH** \_\_\_\_ (circle one) **Small** **Medium** **Large** **Extra-Large**

**T-SHIRT**

**CLYDESDALE**\_(180+lbs)\_\_\_\_\_

**10k age group:** **0-19** **20-29** **30-39** **40-49** **50-59** **60-69** **70-99** **TEAM NAME**\_\_\_\_\_

**2mile Run/Walk age group:** **0-14** **15-19** **20-29** **30-39** **40-49** **50-59** **60-69** **70-99** \_\_\_\_\_