



28th 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, my 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 11, 2010. 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 if participant is under 18 years of age)



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

28th Annual Lanesville Heritage Weekend Road Races

A St. Jude's Hero Run

Saturday, September 11, 2010

Presented by

Pacers & Racers

Lanesville Heritage Weekend
Road Races



**8 Mile Run &
5 Mile Walk - 8 am
2 Mile Kids' Run - 8:10 am**

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 age group.



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

5 Mile Walk

This is an out and back course following the same path as the run. Once halfway completed, the course goes downhill to the Lanesville High School track. Awards will be given to the top three finishers of each non-gender age group.

14 & ↓ **45-54**
15-24 **55-64**
25-34 **65 & ↑**
35-44



NO Running in this event!



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

Become a St. Jude's hero to help support St. Jude Children's Research Hospital.

Log on to www.stjudeheroes.org to find out more.



ALSAC • Danny Thomas, Founder

Join us on September 10th and 11th for a Brooks weekend. A Brooks Tech Representative will be here to answer questions and host contests for free Brooks merchandise. You may also pick up your race t-shirt and bib on Friday the 10th.

Brooks Podium T-shirts guaranteed to all pre-registered participants. Brooks Podium race day T-shirts available while supplies last.

Sponsored By:

- Pacers and Racers
- Great Harvest Bread Co.
- Braaten Family Eye Care, LLC
- First Federal Savings Bank
- Foot First Podiatry
- Brooks Sports
- Kort Physical Therapy

Please take or mail to: Pacers & Racers, 3602 Northgate Ct. #19, New Albany, IN 47150
 Email: samwpucc@hotmail.com • Make checks payable to Pacers & Racers

Last Name: _____ First Name: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ Age: (on 9/11) _____ Sex: M F Grade in School: (2 Mile Run) _____

Email: _____

8 Mile Run: \$20 (through August 27th) _____ \$25 (after August 27th) _____

5 Mile Run: \$20 (through August 27th) _____ \$25 (after August 27th) _____

2 Mile Run: \$10 (through August 27th) _____ \$15 (after August 27th) _____

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