

**75 Sawyer St**

**South Lancaster, MA 01561**

Dear Runner,

The 6th Annual\* Lancaster Running for Community 5K Walk & Run, presented by the Village Church of South Lancaster, will be held over the Labor Day weekend on Sunday, September 3rd 2023. During the five years we’ve held this road race it has evolved into the town’s signature event. Will you help us in making a vital difference in the lives of families in our community? Our goal, this year, is to raise $10,000.00. We host this event every year\* to promote health, wellness and fitness for the community we serve. Proceeds from the walk/run will go to the following local organization: The Bread of Life Food Pantry.

**Some details about this year’s event**

* Date: Sunday, September 3rd
* Time: 10:00 Am (starting time)
* Location: 75 Sawyer St. South Lancaster MA
* Fee: (in advance)
  + Adult $20.00
  + Children (<18) $10.00
  + Seniors (65+) $15.00
  + Race Day $20.00 (adults) $10.00 (kids) $15.00 (seniors)
* Format: Run / Walk
* On-site registration will be available beginning at 8:30 Am
* Reminder: ***During the race one lane of the roadway must be kept open to traffic!***
* T-shirts will be provided

**Disclaimer**

I know that running or walking a 5K event is a potentially hazardous activity. I also know that I should not enter or participate unless I am medically able. I assume all risks associated with my voluntary participation and will not hold the organizers or sponsors liable.

***Initial:\_\_\_\_\_\_\_\_\_\_***

**Contact Information:**

*Checks may be made out and mailed to:*

*The Village Church*

*PO Box 866*

*South Lancaster, MA 01561*

Please contact us for more details.

Tom Philippou and Glorie Lopez, Race Co-Directors

Cell: (508) 641-3853 and (978) 235-2007

*Email:* [*runlancaster5k@gmail.com*](mailto:runlancaster5k@gmail.com)

❑ Please c*ontact me about growing my faith*

*Thank you for your participation and loving contribution!*

**Runner Registration:**  Total Fee:\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*T-Shirt size (check one):* ❑S ❑M ❑L ❑XL ❑2XL ❑3XL

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*T-Shirt size (check one):* ❑S ❑M ❑L ❑XL ❑2XL ❑3XL

Emergency Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_