



Presented by the  
**Lancaster Road Runners Club**  
If it's *Smith's*.....it has to be *Good!*

This year marks the 28th year of this historic event in beautiful Lancaster County Park. Join us on Father's Day, June 19th at 9:00 AM, pavilion #2. We will be giving out beach towels to the first 200 that register!

**REGISTRATION:**

Register by June 15 - \$28  
Registration after June 15 & day of - \$32  
Day of registration is from 8:00 - 8:45  
You can drop off registrations every Sunday at our Sunday AM trail run at County Park from 8:45 to 9:30.

**AWARDS:**

Awards given to overall top male / female runners and to top 3 age group as listed below:  
10 (minimum age) - 19  
20-29, 30-39, 40-49, 50-59, 60-99

**COURSE:**

The Men's course is 7 miles, the Women's is 5 miles. These challenging courses offers several surfaces, trail, road, covered bridges (optional), river bed and grass. Water stop will be at the mid point at the Covered Bridge. We will have a supported water crossing, so smile, we will have photographers on site to capture the moment!

**CONTACT:**

Visit our website  
[www.LRRCLUB.org](http://www.LRRCLUB.org) or  
email the race director.

[tgood@brkreider.com](mailto:tgood@brkreider.com)

**REFRESHMENTS:**

Drinks and snacks will be provided for the registered finishers.

**ENTRY FORM**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip Code \_\_\_\_\_  
Phone \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Race Day Age \_\_\_\_  Male  Female

**RELEASE:** In consideration of the acceptance of this entry, I the undersigned intending to be legally bound hereby, for myself, my heirs, executors, administrators, and personal representatives, hereby waive and release any and all rights and claims for damages, illness, injuries, or losses which I have or which may accrue to me against all race officials and all organizations constructing or involved in this event, included but not limited to, Lancaster Road Runners Club, Lancaster County Central Park, West Lampeter Township, and Lancaster Township, their respective officers, directors, employees, representatives successors, assigns, and sponsors, that may result from my participation in this event. Further, I hereby grant full permission to the aforementioned persons and organizations to use my name and/or picture in any newspaper, photograph, video tape, motion picture, recording or any other account of this event for any purpose whatsoever. I understand the entry fee is non-refundable in the event that the race is cancelled due to dangerous conditions or weather, and this decision is made by the race director.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Please return this form with check for \$28. before June 15th  
made payable to: Lancaster Road Runners Club  
PO Box 7172, Lancaster, PA 17604