

Strider Glider Quarter Marathon

October 19, 2019

9:00 am Start

Westwood Park • Lancaster, NY 14086

Presented by the Lancaster Striders

USATF Sanctioned and Certified #NY12057JG

- Join us for this unique **6.55 Mile** race distance. The Strider Glider Quarter Marathon starts and finishes at Westwood Park in Lancaster. This is a great opportunity to run a fast race on a scenic course this fall. Please note: for the safety of all runners on the Heritage Trail, no dogs, roller blades, strollers or bikes will be allowed on the race course.
- On-Line Registration available at **www.score-this.com**. Registration Fee: \$25 US received through October 17, 2019. Lancaster Striders, Checkers AC and GBTC members: \$22 pre-registered through October 17, 2019.
- Mail-in registration payable to **Score-This**. Please mail no later than 14 Oct 2019.
- Day of Race Registration : \$30 with checks payable to **Lancaster Striders**
- Results and Timing provided by WNY Finish Line & Timing Services.
- Packet pick up and day of registration start at 7:00 am at the main shelter in Westwood Park.
- Race premium to first 300 registrants. Post Race Party at Westwood Park main shelter located near the start/finish line featuring food, drinks and award ceremony.
- Overall M/F and Master M/F will receive special awards. Awards will go 3 deep in male and female 5-year age groups to age 85+.
- Proceeds benefit the greater Lancaster Community: Trinity Food Pantry, Lancaster Volunteer Ambulance Corps, Town Line Volunteer Fire Department and the Anthony Greeley Scholarship Awards.

Mail-in registration to: Score-This Inc, 15 Ranch Trail Ct, Orchard Park NY 14127

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

I understand that walking or running in a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely compete. I assume all risks associated with participating in the event, including but not limited to falls, contact with other participants, the effects of weather, traffic and the condition of the road/trail, all such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of acceptance to my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizer(s), Venue, Volunteers, Officials, USATF National Association, Town of Lancaster, all sponsors, contractors, vendors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event through that liability may arise of the negligence or carelessness of the part of persons named in this waiver. A parent must sign if an entrant is under 18 years of age. This is to certify that my child had permission to compete in the events, are in good physical condition, and the event officials may authorize necessary medical treatment. By signing below I agree to these terms.

Signature (parent or guardian required if under 18) _____ Date _____

Last Name _____ First Name _____ Middle Initial _____

Street _____ City _____ State _____ Zip _____

E-Mail _____ Phone _____

Male _____ Female _____ Age on race Day _____ DOB ____/____/____

Race Fee: \$25. Club Affiliation: Lancaster Striders—Checkers—GBTC (\$22). **Make check payable to: Score-This**

Emergency Contact _____ Phone Number _____