



#CANYOUBEATTHEHEAT

Presented by:



HOWELL & THORNHILL
"We got this"

When: 2018

Saturday – June 9th, July 14th and August 11th
START PROMPTLY AT 7:00 AM

Where:

Beautiful Lake Hollingsworth
929 Lake Hollingsworth Drive
Lakeland FL

Series Entry Fee:

Early Registration: \$40.00
(If postmarked by 05/25/18)

No LRC vouchers will be accepted at packet pick up or on race day. Paper LRC vouchers submitted via mail with a paper application must be postmarked by May 25, 2018.

Late Series Registration: \$45.00
(Beginning May 26, 2018 – available online only)

Technical Race Shirt:

Adult (gender specific) – Series registration required by June 9th to receive a shirt.

Additional Information:

Visit www.lakelandrunnersclub.org or e-mail Angi Griffin and Lynn King for information regarding awards, volunteer opportunities, and more at watermelon5kseries@gmail.com

Connect with us on the LRC Watermelon Event Facebook page.

Registration Transfers:

Registrations are transferable. To transfer a registration to another runner, contact the race director to complete this process. *No transfers after May 25, 2018.*

****Registrations are not refundable****

Registration:

Race Day Registration: 5:45–6:45 AM

Online Registration:

lakelandrunnersclub.org/lrcraces/ssws5k/

Bib pick up:

Friday night before each race day – FITniche, Lakeside Village 4:00–8:00 PM
Race day pick up - 5:45–6:45 AM

Series Awards:

Awards will be given to male and female overall winners, overall Masters (40 and over) winners, and overall Grandmasters (50 and over), plus 3 deep in age groups. See LRC website for details.



EDGE Therapy
LEADING Physical
PUBLIX SUPER MARKETS CHARITIES
Love Chiropractic
stryker



2018 WATERMELON 5K SERIES ENTRY FORM

3-Race Series Entrant \$40

Make checks payable to LRC & mail to: LRC-Watermelon, PO Box 1484, Lakeland, FL 33802

Shirt Size: Men's XS S M L XL 2XL Women's XS S M L XL 2XL



Name: _____ Date of Birth: ___/___/___ Gender: M F

Email address: _____ Telephone No.: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Emergency Contact _____ Cell/Telephone No. _____

WAIVER: I hereby, for myself, my heirs, my assigns, my executors and administrators, waive and release all claims I may have against the Lakeland Runners Club, Inc., City of Lakeland, all sponsors, volunteers, officials, vendors and organizers of this event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event. I have read the foregoing and certify my agreement by my signature below. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____ Parent signature: _____