

2019 Aching Quad Four Races in 24 Hours Challenge

Presented by MIDFLORIDA Credit Union

Friday, September 13 and Saturday, September 14

Registration and race start near Lakeland Yacht Club Parking Lot

[929 Lake Hollingsworth Dr, Lakeland, FL 33803](http://www.lakelandrunnersclub.com)

Race Starts

7:30 pm Friday (5k)

7:00 am Saturday (1 mile), 8:30 am Saturday (2 mile)

7:00 pm Saturday (5k)



Submitting this application does not register you for the event. You will receive an email from the race director with instructions to go online to select your shirt size and complete other pertinent information required to be registered.

Aching Quad Challenge applications must be postmarked BEFORE Aug 30, 2019.

Contact the race director at achingquadchallenge@gmail.com

Race information available online includes:

- About This Event & Our Beneficiary
- Registration: Online, Paper, Transfers. There are no virtual options.
- Volunteer
- Bib Mules and Bandit Runners are Subject to Disqualification/Ban
- Restrictions - Safety is our first priority!
- Race Number Pickup
- Hotels
- Course Information, Aid Stations & Restrooms
- Parking
- Participant Shirt
- Finisher Medal
- Age Group Awards
- Photos & Results

2019 Aching Quad Entry Form – must be postmarked by Aug 30 entry fees are non-refundable

Early Registration \$45.00

Make checks payable to LRC & mail to LRC-AQ Challenge, P.O. Box 1484, Lakeland, FL 33802

Once the club receives your payment, you will receive an email with a “paid in full” coupon code that will allow you to complete your registration online, where you will select your shirt size and sign the waiver.

If you are submitting a member voucher, include your \$20 payment with this application.
Please print your information clearly. The LRC is not responsible for applications that are not completed due to incorrect email addresses or instructions that go to SPAM/JUNK folders.

FIRST: _____ LAST: _____

EMAIL: _____ Phone: (____) _____ - _____