

## 2019 Denis L. Fontaine Memorial Lake to Lake 10k

Presented by MIDFLORIDA Credit Union

Saturday, November 2

Registration and race start near Peggy Brown Building

[215 S Lake Ave, Lakeland, FL 33801](http://215SLakeAve.com)

Race Start – 7:30 am

Stroller Start – 7:35 am

This event benefits the YMCA of West Central Florida.



**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.

**Lake to Lake applications must be postmarked BEFORE Oct 25, 2019.**

Contact the race director at [lrclaketolake10k@gmail.com](mailto:lrclaketolake10k@gmail.com)

Race information available online includes:

- About This Event & Our Beneficiary
- Registration: Online, Paper, Transfers. There are no virtual options.
- **2019 Prize Purse & Seeded Entry**
- 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 Lake to Lake 10K Entry Form – must be mailed by Oct 25 entry fees are non-refundable**

- Open Registration \$30.00**       **Seeded Registration (review requirements online) - \$30.00**

**Make checks payable to LRC & mail to [LRC-Lake to Lake 10k, P.O. Box 1484, Lakeland, FL 33802](mailto:LRC-Lake to Lake 10k)**

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 \$5 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: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_