

# 5K On the Lake

Sponsored By:  
Indian Lake Cross Country



SATURDAY, JULY 3rd, 2010  
8:30 A.M.  
AT  
LAKEVIEW ELEMENTARY  
LAKEVIEW, OH

In Conjunction  
With the  
Famed  
Beach Spectacular  
and Fireworks Display



## WEEKEND EVENTS

**Beach Spectacular and Fireworks** - Held on the first Saturday in July. (July 3, 2010). The day starts at Old Field Beach with the Beach Spectacular. Thousands from Ohio travel to Indian Lake for the magnificent fireworks which glow over the lake. At Old Field Beach, watch the Indian Lake Pageants (Teenie Weenie Bikini Contest, Little Miss, Jr. Miss and Miss Indian Lake Contest, Indian Lake Idol) and Car Show.  
\*Car Show - 11 a.m.  
\*Pageants start at 11:30 a.m.  
\*Cornhole Tournament at noon,  
\*Indian Lake's Got Talent Finals at 3:00 p.m.  
\*Fireworks at 10 p.m. Old Field Beach

## REGISTRATION

Pre-registration by 6/26/10: Run and t-shirt \$15  
Pre-registration by 6/26/10: Run only \$12  
  
Race Day Registration: Run and t-shirt \$20  
\*limited race day t-shirt supplies  
Race Day Registration: Run only \$15

-Packet pick-up 7:30-8:15 A.M. at the school

-Proceeds benefit the Indian Lake Cross Country

-Results will be posted [www.alliancerunning.com](http://www.alliancerunning.com)

## AWARDS

Top 2 male/female runners  
Each receive a free pair of shoes from Road Runner Sports (Columbus, OH) and Big Orange Shoes (West Liberty, OH)  
Top 3 in the following male/female age groups:  
10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-up

## COURSE

-Accurate 5K with each mile marked.  
The course will start on N. Main Street (County Rd 270), then you will turn left onto Township Road 87, then another left onto Township Road 83, final another left onto County Rd 82 (W. Lake Street). It will end in front of the school. It is mostly flat with one or two gentle rolls.

## MORE INFO

For more info contact Jesse Avila 937-843-3258 or visit [www.alliancerunning.com](http://www.alliancerunning.com)



Send to 5K On the Lake, P.O. Box 341, Lakeview, OH 43331. Checks should be made payable to: Indian Lake Cross Country

Name \_\_\_\_\_ Age \_\_\_\_\_ (on 7/3/10) Sex: M F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_ Shirt Size (Adult): S M L XL No Shirt

Email Address \_\_\_\_\_

In consideration of my entry, I do for myself, my executors, administrators, and assignees, do hereby release and discharge Indian Lake High School and the Indian Lake Cross Country Program and all other sponsors for all claims damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that, I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature (Parent or guardian if under 18) \_\_\_\_\_