



Providing a welcoming environment that offers HOPE and JOY to enrich lives

LCC 5K Donut Dash

Sunday, May 15th at 1:00 PM

252 W. Main St, Lucas OH 44843

Details: Run 1.5 miles through scenic Lucas, eat as many donuts as you dare, then run 1.5 scenic miles back to the LCC. Your finish time is reduced 2 minutes for each donut you eat. What could go wrong?

Prizes for top overall male and female finishers and top male and female finishers in each age group:

0-10, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Plus prize for "Most Donuts Eaten"

Registration: Early registration: \$20.00 if signed up by May 13th.

Deadline for guaranteed t-shirt is May 8th.

Race day registration will be \$25.00 & no t-shirt guaranteed.

Online registration is at www.ohioraceday.com or mail to: Lucas Community Center

*Checks payable to:

252 W. Main St.

Lucas Community Center

Lucas, OH 44843

Questions? Email to margaret@lucascommunitycenter.com

First name _____ Last name _____

Age on race day _____ Birth date _____ Gender (Circle one) M F

Phone _____ Email _____

Shirt size Adult (Circle one) S M L XL Child (circle one) S M L XL

Waiver and release. In consideration of the acceptance of the entry, I waive for myself and my heirs and all claims for damages against the sponsors of the LCC Donut Dash event and their representatives and all race officials and volunteers for injuries received during and as a result of this event. If I should suffer injury or illness, I authorize officials at the race to use their discretion to have me treated and be transported to a medical facility and I take full responsibility for this action. I certify that I am physically fit and sufficiently prepared myself for this event.

Participant signature (parent/guardian) _____ Date _____