

Memorial Day Lift Bridge 5K



Ashtabula Distance Runners Club (ADR) is proud to present the 2023 Memorial Day Lift Bridge 5K

Race Information:

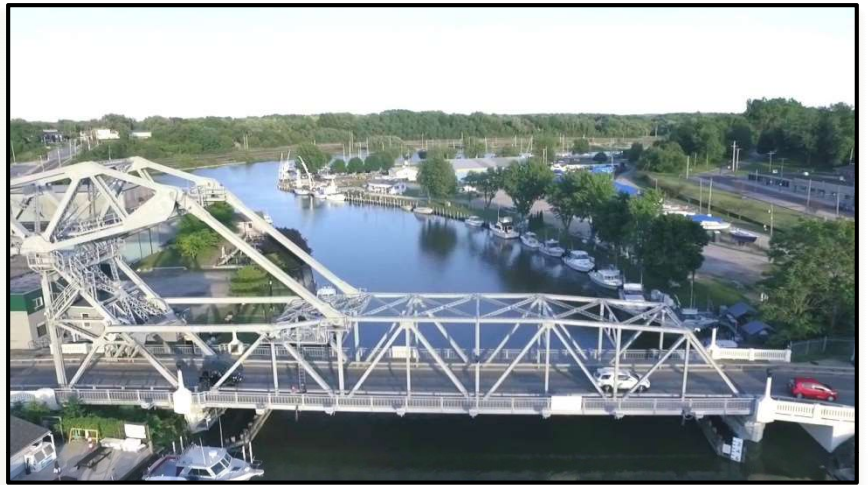
Date: May 29, 2023

Start: Lift Bridge on Bridge Street in Ashtabula Harbor

Finish: Goodwill Drive Ashtabula Harbor

Race Start Time: 9:00 a.m.

Awards: First place overall male & female receive trophies. First, second, third in each age group receive medals.



Online registration visit: <https://www.stasnyroadracing.com/upcoming-races>

Age Groups: 14 & younger, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 +

Race Entry Fees: 5K Race _____ \$20 thru 05/28/23 _____ \$25 race day 05/29/23

Note: 2023 ADR Club Members automatically receive a \$5 discount when registering online as this is an ADR Club Event

I accept that I compete in this event at my own risk and I hereby waive and release the event, City of Ashtabula, Ashtabula Distance Runners Club, sponsors, contributors, supporters, officials, and Stasny Road Racing, LLC associated with the event from all rights and claims for any accident, injury, or loss suffered as a consequence of my participation. Stasny Road Racing, LLC has permission to add your email to their database and use race photos and media from the event on social media and internet outlets.

