



Ichabod Headless One Mile Run Walk November 5th 2023

Registration: 2:45 p.m. **Race Time:** 4:00 p.m.

Course: Lakeside High School parking lot by the stadium.

6600 Sanborn Rd, Ashtabula, OH 44004

Registration cost: Register by October 30th and the cost is \$15. Register after October 30th and the cost is \$20. All proceeds will benefit Lakeside Cross Country Team. Water bottles will be available to at least the first 50 registered runners.

Awards: Medals for five-year age groups 5 and under, 6-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 and over.

- Timing and Scoring: Stasny Road Racing & Chronotrack Chip Timing
- On-line Registration: <https://stasnyroadracing.com/upcoming-events/>

Contact Race Director Luke Stecki at luke.stecki@aacns.net

**Registration only available online at
StasnyRoadRacing.com**

Paperless Day of Registration will be available.

