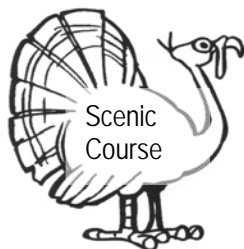


11th annual

LANSING TURKEYMAN TROT

5K RUN/WALK

THURSDAY NOVEMBER 24, 2011 9:00 AM



LOCATION: Lansing Community College,
On Grand Ave. between Shiawassee and Saginaw Rd.
PARKING: Free at LCC Parking Garage on Grand Ave.



COURSE: Scenic accurate 5k through Downtown Lansing.

AWARDS: \$25 Playmakers Gift Certificate to Overall, Master and Grand Maser Champion
\$10 Gift Certificate to all age group winners! - Medals to top 5 places in each age group.

Age Groups: 10 & under, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & up



REGISTRATION: Make check payable to and mail to:
Michigan Running Foundation, PO BOX 10180 Lansing, MI 48901



WE ARE OUT OF T-SHIRTS – ENTRY FEE IS NOW \$20

All T-shirts remaining after the race will be for sale on the 3rd floor

Of the Gannon Building for \$10



The race will be timed using disposable RFID tags. Timing mats at start and finish.

INFORMATION: www.runningfoundation.com Chuck Block (517) 702-0226

Proceeds will go to Youth Track Clubs in Michigan. We help young runners attend national track and CC meets.

LANSING TURKEYMAN TROT 5K - 11/24/11 Race starts 9:00 AM - Make check payable to and mail to: MRF - PO BOX 10180 Lansing, MI 48901

Last Name

First Name

Phone

Gender: (Circle one) M F Age On Race Day: _____

Bib # _____

No T-shirts – Entry Fee is now \$20

Waiver: By submitting this entry form, I hereby, for myself, my heirs and my executors, waive and release all rights and claims for damages I may have against the city of Lansing and all their departments, and all sponsors, and race management organization, for injuries suffered by me in this event. I attest that I have trained sufficiently to participate in this event and I am physically fit.

Participants Signature

Parent's Signature if under 18

Date Signed