RUN LIKE THE WIND

13th Annual 10k Run & 5k Run/Walk
Labor Day Weekend - 9:30 am
Saturday September 3, 2011

Purpose: All funds raised will go back into the sport of running, through the support of Youth Track clubs, and the Michigan Running Foundation Scholarship Fund.

Location: Nankin Mills Picnic Area, Hines Park. On Hines Drive just east of Farmington Rd. From I96 (Jeffries) Exit Farmington Rd. Go south till it ends. Turn Right, then quick left on Hines Drive. Go 1/4 mile to race parking on right. **Start time - 9:30 am**

Course: Out and back along Hines Drive. Accurate 10k (6.2miles) 5k (3.1 miles)
No cars are allowed on the course during the race. Peaceful scenic run in the Park.

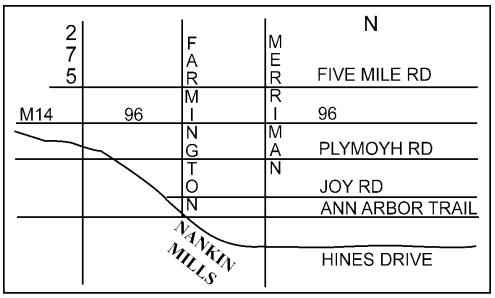
Registration: Mail entry form – or register online @ www.runningfoundation.com

Entry Fee: 10k/5k - Postmarked by August 27, $17
Race Day (9/3/11) at Nankin Mills - $25

Awards: Medal and special prize to Overall, and Master Champion, Male and Female. Medals to top 3 places in each age group.

Age Groups: 12 & under, 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 & over

Race Results: Results will be posted on-line at www.runmichigan.com



Information: Chuck Block (517) 702-0226 Web site and on line registration: www.runningfoundation.com

Make Checks Payable to: MRF or Michigan Running Foundation
Mail To: PO BOX 10180 - Lansing MI, 48901

Run Like The Wind - 9/3/11 - 9:30 a.m. 10k/5k fee (before 8/27/11) - $17 – Race Day $25
Make check payable to MRF or Michigan Running Foundation - Mail to: PO BOX 10180 Lansing, MI 48901
Please print clearly

Last Name	First Name	Home Phone

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

Shirt Size: (Circle one) **S** **M** **L** **XL** **Event:** (Circle one) **5k** **10k**

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 Wayne County 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