

St. Casimir Catholic Parish
5K Run/Walk and Kid's Challenge Run
 "Come to the River"
 Saturday, August 4, 2012, 9:00 am, Lansing, Michigan

- ✚ **Location:** St. Casimir Catholic Parish, between Barnes and Sparrow Avenues in the 800 block, Lansing, Michigan 48910. (Just off South MLK)
- ✚ **Course:** From Sparrow & Beal Street through Moores Park, then along Lansing's River Trail past the Elm Street Bridge and return. This is an accurate wheeled course.
- ✚ **Entry Fee:** \$20.00 thru July 30, 2012, which includes a cotton t-shirt or \$25.00 with a moisture management tech shirt. Registrations from July 31, 2012 through Race Day are \$25.00 and include only a cotton t-shirt **subject to availability**. Registrations received after July 30, 2012 cannot be guaranteed a T-shirt.
- ✚ **Time:** 5K Run/Walk 9:00 a.m. Kid's 2012 Challenge Run begins at 9:30 a.m.
- ✚ **Registration:** Online at http://www.runningfoundation.com/Come_to_the_River5k.html or in person or by mail at St. Casimir Catholic Parish 815 Sparrow Ave., Lansing, MI 48910. Make checks payable to St. Casimir Catholic Parish. You can also visit us on Facebook at "Come to the River 5K."
- ✚ **Packet Pickup:** Friday, August 3, 2012 from 4:00 p.m. to 7:00 p.m. and beginning at 8:00 a.m. race day at St. Casimir Catholic Parish, Holy Family Center, 800 Barnes Ave., Lansing, MI 48910.
- ✚ **Divisions:** 5K, Men's and women's: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+. Special Awards to Overall winners, Masters (Over 45) and Grand Masters (Over 55), and the top three in each age division. Certificates for all entrants in the Kids Challenge Runs.
- ✚ **2012 Kid's Challenge Run:** 9:30 a.m. - **Free** for all kids, no need to pre-register. **Certificates** for all kids.
- ✚ **Information:** Call St. Casimir Catholic Parish, (517) 482-1346.
- ✚ **Other Events:** Pancake Breakfast and Award Ceremony following race. Your Bib number is your Breakfast Ticket, Five Dollars (\$5.00) for non-race participants. This race is being held in conjunction with the Parish Corn Roast Festival..
- ✚ **Timing:** Chuck Block, MRF Race Management. Bib/Chip timing will be used.

Make Checks payable to " St. Casimir Catholic Church"

*Mail to: 815 Sparrow Ave., Lansing, MI 48910
 Please use a separate form for each registrant.*

Name: _____
 Address: _____
 City/State/Zip: _____
 E-mail: _____ Phone: _____

____ Male ____ Female Age on Race Day ____ Date of Birth: ____/____/____

T-shirt Size: ____ (S) ____ (M) ____ (L) ____ (XL) ____ (XXL) (Men's sizes)

Entry Fee: \$20..00 through July 30, 2012 with cotton t-shirt \$ _____
 Or
 \$25.00 through July 30, 2012 with tech shirt \$ _____
 \$25.00 after July 30, 2012 with cotton t-shirt, subject to availability \$ _____

I know that running is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I assume all risks associated with participating in this event including but not limited to: fall, contact with participants, the effects of weather, traffic, road or trail conditions, all such risks being known and accepted by me. Having read this waiver and signed the entry form, I for myself and anyone entitled to act on my behalf, forever waive and release all promoters, representatives, agents, sponsors, municipalities and participants from any and all claims or liabilities of any kind whatsoever from my participation in this event.

There will be NO refunds. Entry is non-transferrable.
Signature of participant (parent or guardian if under 18)

_____ Date: _____ BIB# _____