

# SUPER BOWL 5K

**SUNDAY, FEBRUARY 7, 2010 – RACE BEGINS AT 10:00 AM**

**Location:** Chippewa Middle School, 4000 Okemos Rd. Okemos MI 48864

**Start Time:** 10:00 AM    Award ceremony: 10:45 AM

**Course:** Flat, fast and accurate 5k on paved roads.

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

**Awards:** Unique Medal in the shape of a football helmet  
Medal and special prize to Overall, Master, and Grand Master Winner  
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+



**Entry Fee:** Postmarked by 1/31 **\$17** / **Entry Fee:** 2/1 to 2/6 at Playmakers **\$20** / **Race Day \$25**

**Registration:** Make check payable to and mail to:  
Michigan Running Foundation, PO BOX 10180 Lansing, MI 48901  
Register in person at Playmakers.



**Packet Pickup:** Saturday February 6, 2 PM to 6 PM at Playmakers.  
Race day at Chippewa Middle School at 8 AM

**Information:** [www.runningfoundation.com](http://www.runningfoundation.com)    Chuck Block (517) 702-0226  
Proceeds will go to the MRF Scholarship fund and for youth programs at Okemos Schools

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Super Bowl 5k - 2/7/10 - Start time 10:00 AM - Make check payable to and mail to: MRF, PO BOX 10180 Lansing, MI 48901

\_\_\_\_\_  
**Last Name**

\_\_\_\_\_  
**First Name**

\_\_\_\_\_  
**Home Phone**

**Gender:** (Circle one)    **M**    **F**

**Age on Race Day:**

**Shirt Size:** (Circle one)    **S**    **M**    **L**    **XL**    **2X**

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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 Meridian Township, Okemos Schools, Ingham County, 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