

AID LANSING



5K RUN/WALK In Memory and Hope



Sunday July 10, 2011

Location: Hawk Island County Park, 1601 E. Cavanaugh St. Lansing MI, 48910

Start Time: 9:00 AM

Awards: Award to Overall and Master Winner and age group awards.

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 +

Entry Fee: Postmarked by June 30: \$20 **Race Day:** \$25

Registration: Make check payable to and mail to: Lansing Area Aids Network
913 W Holmes Rd. Ste 115 Lansing, MI 48910

Packet Pickup: Friday July 8, 10am to 4 pm at LAAN 913 W Holmes Rd. Ste 115 Lansing
Race Day Packet pick up and registration at Hawk Island Park 7:30 am to 8:50 am

Information: Andre Truss: atruss@laanonline.org

Proceeds will go to: Lansing Area AIDS Network: Dedicated to the delivery of services and programs designed to meet the needs of those living with HIV/AIDS and to prevent the further spread of the virus.

Aid Lansing 5k run/walk - Sunday July 10 2011 - Hawk Island Park - Start time 9:00 AM

Name: _____ Age: _____ Female ___ Male ___

Address: _____ City: _____ State: ___ Zip _____ Phone: _____

Check one: Run ___ Walk ___ **Shirt Size:** (Circle one) **S** **M** **L** **XL**

Make check payable to and mail to: **Entry Fee:** Postmarked by June 30: \$20 **Race Day:** \$25
Lansing Area Aids Network
913 W Holmes Rd. Ste 115 Lansing, MI 48910

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Lansing Area AIDS Network, City, The Parks and Recreation Board, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Participants Signature

Parent's Signature if under 18

Date Signed