

BWL Hometown Power 5K

5K run/walk

Saturday, August 11th, 2012 - Start time: 9:00 a.m.



Mission: All funds raised will support Capital Area Community Services/BWL Pennies for Power Program.

Location: Race will start at BWL Customer Service Center on Haco Dr, head to S. Penn Ave, south to the River Walk and will continue on the River Walk to just pass the 496 overpass, where you will turn around and head back the same way.

Course: Accurate 3.1-mile run. The course is split between the Lansing River Walk, S. Penn. Ave, and Haco Dr.

A FREE Kids race event will be held on Haco Dr. following completion of the 5K. A medal for all participating kids will be provided.

Registration: Mail entry form or register online at www.runningfoundation.com/BWL5K.html

*****All Registered Participants will receive a Technical T-Shirt*****

Packet Pick-Up: 5 pm – 8 pm on Friday Aug 10th in the BWL Board Room on Haco Dr.
7:30 am – 8:45 am on Race Day in the BWL Board Room.

Entry fee: Postmarked by August 3 - \$19

Family Rate (Mail-In Only): \$58 for 4 members, \$10 for each additional member (no limit)
(family includes immediate members in same household)

Packet Pick-Up (8/10) & Race day (8/11/12) at BWL Customer Service Center - \$25

Race Awards: ***Custom medals will be given to all 5K finishers.***

Special Awards to overall, masters (over age 40), and grand masters (over age 50) champions.
Awards to top 3 place finishers in each age group.

Age groups: 10-and-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, 70-79, 80-over

Race results: Results of the 5K will be posted online at www.playmakers.com

Information: Call Justin Bowman at (517) 702-6185
Call Bob Perialas at (517) 702-6828

Email: JLB3@lbwl.com
Email: RLP2@lbwl.com



Make checks payable to: Lansing Board of Water and Light

Mail to: BWL Hometown Power 5K P.O. Box 13007 Lansing, MI 48901

BWL Hometown Power 5K 8/11/12 – 9:00 a.m.

Please print clearly

Last name First name Phone number E-mail

This event has been reviewed for the physical activity content and has been endorsed by the Governor's Council on Physical Fitness, Health and Sports. This does not reflect endorsement of the sponsoring organization or the products used.

Entry Fee:	\$ _____
Contribution: (For CACS)	\$ _____
Total:	\$ _____

Gender (Circle one): **M** **F** **Age on race day:** _____

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

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 Lansing Board of Water and Light, Capitol Area Community Services and all of 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.

Participant's signature

Parent's signature if under 18

Date

Emergency Contact Name & Phone #