

The Grand Finale



5k Cross Country Run
Saturday November 19, 2011

Location: Grand Woods Park

Start Time: 9:30 AM

Course: Very scenic cross country course for runners.
Good footing with one major hill.

Awards: Award to Overall, Master, and Grand Master Winner.
Medals to top 3 places in 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+

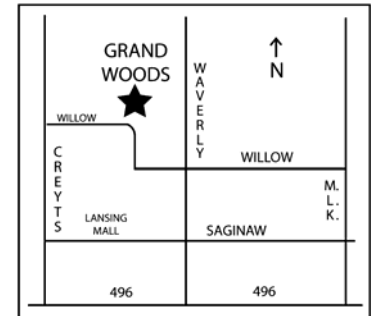
Entry Fee: Postmarked by 11/12: **\$16** **Race Day: \$25**

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

Packet Pickup: Friday November 18 - 4 pm to 7 pm at Playmakers

Information: Jim Robinson (517) 755-8440

Proceeds will go to support Playmakers Racing Track Club



Award ceremony at 10:30 followed by the team race. Stick around and cheer on the runners in the team competition.



You have trained hard all year. You're looking for one more chance to lay it on line. This is it! It's the final countdown. The Grand Finale

The Grand Finale 11/19/2011 - Start time 9:30 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**

Entry Fee: Postmarked by 11/12: **\$16** **Race Day: \$25**

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 Delta Township 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