

The Grand Finale



5k / 8k Team Race Invitational
Saturday November 19, 2011

Location: Grand Woods Park
 Grandwoods Dr, Lansing, MI 48917

Start Time: 11 AM

4 Divisions: Minimum time standard: Men 32:00 for 8k Women 23:00 for 5k

Men 8k

Women 5k

Master Men 8k (40 and over)

Master Women 5k (40 and over)

Team scoring: Top 4 runners on Team

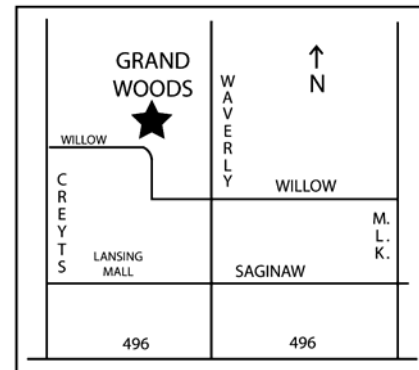
Each team must have 4 runners minimum to be scored.

Cost: \$10 per runner

Registration: Make check payable to and mail to:

Michigan Running Foundation, PO BOX 10180, Lansing, MI 48901

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



Award:

Prize money to top
 teams in each Division

Information: Jim Robinson

(517) 755-8440

Email: runningrev72@juno.com

 The Grand Finale 11/19/2011 - Start time 11 AM - Make check payable to and mail to: MRF, PO BOX 10180 Lansing, MI 48901

Team Name

Team Captain

Phone

Division: (Circle one) Men 8k Women 5k Master Men 8k Master Women 5k

Name (First/Last)	Signature	Gender	Age	Amount
1				
2				
3				
4				
5				
6				
7				
8				
				Total:

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.