GRAND WOODS 5K

Saturday August 21, 2010 - 9:00 A.M.

To benefit Lansing Community College Cross Country Team and Running Clubs:
The LCC Cross Country team hosts this event. All proceeds will go to the Lansing Community College Cross Country Foundation, and Running Clubs.

Course: Very scenic trail run for runners of all abilities and age. Running as it's meant to be, in it's purest form through the woods on dirt and grass trails. Good footing with one major hill.

Location: Grand Woods park. Directions from I496, exit Waverly Rd. Go north for 1½ mile, turn left at Willow. Go ½ mile and turn right to stay on Willow. Go ½ mile and turn right to enter the park.

Registration: Mail entry form - one per person - or register online at: www.runningfoundation.com

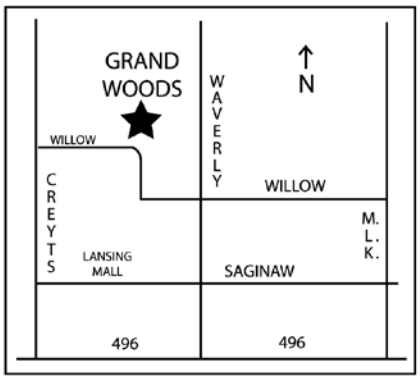
Entry Fee: Postmarked by August 14, $15 with shirt, $10 without shirt

Race Day: $20 with shirt, $15 without shirt

Packet Pick-up: Race day August 21, 7:30am to 9am at Grand Woods Park

Awards: Medal and special prize to Overall, and Master Champion, Male and Female. 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 & over



Race Results: Results will be posted on-line at www.playmakers.com

Information: Chuck Block (517) 702-0226

Make Checks Payable to: MRF or Michigan Running Foundation
Mail To: PO BOX 10180 - Lansing MI, 48901

Grand Woods 5k- August 21, 2010 - 9:00 a.m. - Fee before August 14 - $15 with shirt - $10 no shirt - Race Day: $20 with shirt - $15 no shirt
Make check payable to MRF - Mail to: PO BOX 10180 - Lansing MI 48901

Please print clearly

Last Name	First Name	Home Phone

Gender: (Circle one) **M** **F** **Age On Race Day:** ☐

Shirt Size: (Circle one) **S** **M** **L** **XL** NO SHIRT

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