

Greater Lansing Area Sports
HALL OF FAME
5K Race
 All walkers welcome

Sunday June 13, 2010
Lansing Community College
(Gannon Building across from River Front Park)
9am start time

Registration

Pre registration: \$18 if postmarked by June 7, Registration fee (after June 7): \$25

On-site registration and packet pick-up begins at 7am on race day.

Age Groups: 12 & under, 13-14, 15-19, 20-24, 30-34, 35-39,
 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Register at Playmakers or by mail to:

PO Box 10180
 Lansing, MI 48901

Please make check payable to: Greater Lansing Area Sports Hall of Fame

Contact information

for additional information contact the Sports Hall of Fame office at 517.483.1624,
 or Bob Every at 517.483.1237

COURSE: Scenic 5k course through Downtown Lansing and the River Trail.
 Start and Finish on Grand Ave. Accurate 5000 meters.

5K AWARDS: Overall and Master Champions will have their names
 engraved on a plaque in the HALL OF FAME! Unique HALL OF FAME Medals to
 top 3 places in each age group. Medals to top ten male and female walkers.



Hall of Fame 5K run/walk Race starts 9:00am

LAST NAME _____	FIRST NAME _____	HOME PHONE () _____
AGE ON RACE DAY _____	GENDER (circle one): M F	
SHIRT SIZE (circle one): S M L XL 2XL YOUTH LARGE		
EVENT (CIRCLE ONE): RUN WALK	ENTRY FEE (postmarked by June 7): \$18	ENTRY FEE (After June 7): \$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 City of Lansing and all their departments, sponsors and race management organization, for injuries suffered by me in this event. I attest that I have trained sufficiently to participate in this even and I am physically fit.

PARTICIPANTS NAME _____	PARENT'S SIGNATURE IF UNDER 18 _____	DATE SIGNED _____
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