

HALL OF FAME 5K

RUN/WALK

JUNE 13, 2010



START TIME: 9:00 AM

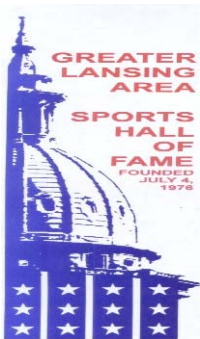
LOCATION: Lansing Community College.
Grand Ave. between Shiawassee and Saginaw.

PARKING: Free at LCC Parking Garage

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

USATF Certified 5000 meters

Digital Clocks at mile marks



5K RUN AWARDS:

Overall and Master Champions receive a Trophy and their names engraved on a plaque in the **HALL OF FAME!**

Unique HALL OF FAME 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

Walk Awards:

Medals to top 10 male and female

REGISTRATION: Make check payable to and mail to:
Greater Lansing Area Sports Hall of Fame, PO BOX 10180 Lansing MI 48901

Register at Playmakers



Entry Fee: Postmarked by 6/7 **\$18** Entry Fee: Race Day **\$25**

PACKET PICKUP: Race Day at Lansing Community College 7:00 AM

INFORMATION: Bob Every (517) 483-1237 email: everyb@lcc.edu
Proceeds will go to support the Greater Lansing Area Sports Hall of Fame



Greater Lansing Area Sports Hall of Fame



The Greater Lansing Area Sports Hall of Fame was started in 1976 to recognize outstanding athletic achievement in mid-Michigan

Hall of Fame 5k run/walk Race starts 9:00 AM

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 6/7 **\$18** **Entry Fee:** 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 city of Lansing 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