

8th Annual
EAST LANSING PUMPKIN TROT
5k Run/ Walk

Hosted by East Lansing Police Officers for the Heuga Center

SUNDAY OCTOBER 17TH, 2010 AT 10:00 A.M.

Location: East Lansing Soccer Complex. Abbot/Chandler Rd, North of Lake Lansing Rd to Coleman Rd, Left (west) on Coleman, left (south) into soccer complex.

Course: Abbot Rd Park and neighborhood, which is flat, fast, and accurate.

Awards: Trophy for over-all male and female winner under age 39. Trophy for over-all male and female winner over age 40. Medals to the top three places in each age group. Pumpkin Pie for first person in each age group. Age groups for Men and Women: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

Registration: Make Check payable to, and mail to:
ELPD/ JHC RACE, Attn: Officer Dave DeKorte, 409 Park Lane, East Lansing, MI 48823.

Registration on-line: www.runningfoundation.com
(Scroll down for "East Lansing Pumpkin Trot")

Race Day Registration: 8:00am to 9:45am (At the EL Soccer Complex)
T-Shirts will be handed out at packet pick-up or on race day.

More Information: ddekort1@cityofeastlansing.com or (517) 319-6897 x 6606

Entry Fee: \$17 per person before Oct 10th, 2010, \$25 per person after October 10th, 2010. (Possible T-Shirt for late registration)

Packet Pick-up: Saturday October 16th, 2010 2-4pm at East Lansing PD
409 Park Lane, East Lansing, MI 48823

Proceeds benefit the Heuga Center which is a Non-Profit organization that assists Multiple Sclerosis Patients with their physical rehabilitation and counseling needs.

please print

Name _____ Male _____ Female _____ Age on race day _____

Address _____ City _____ State _____ ZIP _____

Shirt Size: S _____ M _____ L _____ XL _____ 2XL _____

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 East 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

Parents Signature if under 18

Date Signed