



# Run for the Stars

## 5K RUN/WALK



Friday Evening April 20, 2012 - Start Time 7 PM

**LOCATION:** Lansing Community College, on Grand Ave. between Shiawassee and Saginaw Rd.

**COURSE:** Scenic accurate 5k. Start and finish on Grand Ave in front of LCC.

**AWARDS:** Unique medal in the shape of a star to top 3 places in each age group.

**Age Groups:** 10 & under, 11-12, 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 & up

**REGISTRATION:** Make check payable to and mail to:  
Michigan Running Foundation, PO BOX 10180 Lansing, MI 48901

**Register on line:** [www.runningfoundation.com](http://www.runningfoundation.com) **Register at Playmakers**

**Entry Fee:** postmarked by 4/13 Adults - **\$20** Students (18 and under) - **\$16**

**Entry Fee:** 4/14 to 4/19 Online and at Playmakers **\$25** **Entry Fee:** Race Day **\$30**

**PACKET PICKUP:** Thursday 4/19, 4pm to 8 pm at Playmakers. Race Day at Lansing Community College 5 PM

The race will be timed using disposable RFID tags. Timing mats at start and finish

**INFORMATION:** [www.runningfoundation.com](http://www.runningfoundation.com) Chuck Block (517) 702-0226

*Proceeds will go to support athletics at Lansing Community College*

### Kids Mile

Start time: 6:15 PM

Chipped timed

Medal to all finishers

Cost: \$12

Part of the Playmakers  
Kids Mile series

Run for the Stars - Friday April 20, 2012 Start time Kids Mile 6:15 PM - 5k Run/Walk 7 PM

Last Name	First Name	Phone
Event: (Circle one)    5k        Kids Mile	Gender: (Circle one)    M        F	Age On Race Day: _____

Shirt Size: (Circle one)    YM    YL    S    M    L    XL    2X

**Entry Fee:** postmarked by 4/13 Adults - **\$20** Students (18 and under) - **\$16** Kids Mile \$12

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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, Lansing Community College 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