



Young Life 5K



Run and Walk
Saturday, April 28, 2012

Location: Granger Meadows Park, 1275 Granger Meadows Lane, Lansing MI

Start Time: 10:00 am for both the Run and Walk

Course: Scenic and Accurate 5K Course

Run Awards: Overall and Master Winner. Medals to top 3 places in each age group.

Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and up

Walk Awards: Top 10 male and female walkers receive a medal.

Entry Fee: Postmarked by April 21: **\$17** (Guaranteed T-shirt) **Race Day: \$25**

Registration: For mail in registration, make check payable to Young Life and mail to Young Life Greater Lansing at 1518 River Terrace Drive, East Lansing, MI 48823

Register online at: http://www.runningfoundation.com/Young_Life5k.html

Packet Pickup: Friday, April 27 from 5 pm to 7 pm at Playmakers Store on Grand River

Information: Young Life Greater Lansing ~ (517)324-3294 ~ lansingyounglife@gmail.com

Proceeds from this event will go to benefit Young Life in the Greater Lansing Area

Name: _____ Phone: _____

Address: _____ City/State/Zip/ _____

Gender: (Circle one) **M** **F** **Age on Race Day:** _____ **Race:** (Circle one) **RUN** **WALK**

Shirt Size: (Circle one) **S** **M** **L** **XL**

Entry Fee: Postmarked by 4/21: \$17 (Guaranteed T-shirt) **Entry Fee:** Race Day \$25 (Limited Quantity of T-shirts)

Waiver: By submitting this entry form, I hereby agree to indemnify and HOLD HARMLESS Granger Meadows Park, DeWitt Charter Township, Young Life, Ingham County, Clinton County, all sponsors, race management and their agents, volunteers or employees from all liability, claims, damages or costs arising out of the Young Life 5K, whether it be caused by the negligence of the participant or any of the before mentioned organizations or any party's agents, volunteers, employees or otherwise. I attest that I have trained sufficiently to participate in this even and that I am physically fit. I hereby grant permission to Young Life Greater Lansing and its authorized agents to use my photograph for any digital or print media account of this event. I also understand that my application is non-refundable.

Participants Signature

Parent's Signature if under 18

Date Signed