

BWL Hometown Power 5K

5K run/walk



Saturday, August 14th, 2010 - Start time: 9:00 a.m.

Mission: All funds raised will support Capitol Area Community Services/BWL Pennies for Power Program.

Location: Race will start at BWL Customer Service Center on Haco Dr, head to S. Penn Ave, south to the River Walk and will continue on the River Walk to just pass the 496 overpass, where you will turn around and head back the same way.

Course: Accurate 3.1-mile run. The course is split between the Lansing River Walk, S. Penn. Ave, and Haco Dr.

A FREE Kids race event will be held on Haco Dr. following completion of the 5K. A medal for all participating kids will be provided.

Registration: Mail entry form or register online at www.runningfoundation.com/BWL5K.html

*****All Registered Participants will receive a Technical T-Shirt*****

Packet Pick-Up: 5 pm – 8 pm on Friday Aug 13th in the BWL Board Room on Haco Dr.
7:30 am – 8:45 am on Race Day in the BWL Board Room.

Entry fee: Postmarked by August 6 - \$18, Packet Pick-Up 8/13 - \$20
Race day (8/14/09) at BWL Customer Service Center - \$25

Race Awards: ***To celebrate the BWL's 125th birthday, commemorative medals will be given to all 5K finishers.***
Special Medals to overall, masters (over age 40), and grand masters (over age 50) champions.
Medals to 1st place finishers in each age group.

Age groups: 12-and-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, 70-79, 80-over

Race results: Results of the 5K will be posted online at www.playmakers.com

Information: Call Justin Bowman at (517) 702-6451 Email: JLB3@lbwl.com
Call Bob Perialas at (517) 702-6828 Email: RLP2@lbwl.com

Make checks payable to: Lansing Board of Water and Light

Mail to: BWL Hometown Power 5K P.O. Box 13007 Lansing, MI 48901

BWL Hometown Power 5K 8/14/10 – 9:00 a.m.

Please print clearly

Last name

First name

Phone number

Entry Fee:	\$ _____
Contribution: (For CACS)	\$ _____
Total:	\$ _____

Gender (Circle one): **M** **F** **Age on race day:** _____

Shirt size (Circle one): **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 Lansing Board of Water and Light, Capitol Area Community Services and all of 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.

Participant's signature

Parent's signature if under 18

Date