

3rd annual



Laingsburg Lions Festival

5K run/walk



Saturday, May 8th, 2010 - Start time: 9:00 a.m.

Mission: All funds raised will support McClintock Park and Laingsburg cross country and track teams.

Location: The new Laingsburg McClintock Skate Park on McClintock Street in downtown Laingsburg, across the street from the police station.

Course: Accurate 3.1-mile run with mile and 2-mile splits. The course will highlight the parks and schools in Laingsburg. The last mile of the race will be on the parade route and conclude at the heart of the Laingsburg Lions Club Festival. Come run the race and enjoy the parade and festival!

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

Entry fee: Postmarked by May 2 - \$17
Race day (5/8/10) at Laingsburg Skate Park - \$25

Run Awards: Trophy to overall and masters (over age 40) champion,
Medals to top 3 places in each age group.

Walk Awards: Medals to top 10 Walkers

**Race Walk Awards
Top 10 Male and Female
Walkers will receive a medal.**

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 Run and Walk will be posted online at www.playmakers.com

Information: Call Mal Balow at (517) 899.6847 Email: mal.balow@laingsburg.k12.mi.us

Make checks payable to: McClintock Park and CC Fund

Mail to: Laingsburg Elementary School, 117 Prospect St., Laingsburg, MI 48848

Laingsburg Lions Festival 5K - 5/8/10 – 9:00 a.m.

Please print clearly

Last name	First name	Phone number
Gender (Circle one): M F Age on race day: _____		
Race (Circle one) RUN WALK		
Shirt size (Circle one): S M L XL		

Entry Fee:	\$ _____
Contribution: (For Laingsburg CC)	\$ _____
Total:	\$ _____

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 Laingsburg Lions Club, Laingsburg schools 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 _____