



# Race for Hopes & Dreams



## A 5K Run/Walk ~ Sunday, August 22, 2010

- Starting Time:** Runners start at 10:00 a.m.; Walkers start at 10:05 a.m.  
 Children's race starts at 11:00 a.m.  
 Ages 5 and under 100 yard dash  
 Ages 6-13 One Mile run
- Location:** **Burcham Hills Retirement Community**  
 2700 Burcham Dr., East Lansing, MI 48823
- Course:** 5K (3.1 miles)
- Shirts:** All pre-registered 5K entrants will receive a t-shirt.  
*We cannot guarantee a t-shirt with registrations received after August 6.*
- Awards:** Winners in each age group will receive a handmade decorative planter.  
 Children's race winners will receive medals.
- Age Groups:** 14 and under, 15-19, 20-29, 30-39, 40-49, 50-65, 66 and over
- Reg. Packet Pickup:** Friday, August 19, 3-7:00 in the Burcham Hills Lobby  
 Race Day Registration starts at 8:30 a.m.
- Check payable to:** **Burcham Hills Foundation**  
**Send Entries:** Mail or drop off to:  
 Burcham Hills Retirement Community  
 Race for Hopes & Dreams  
 2700 Burcham Dr., East Lansing, MI 48823
- Information:** Alexis Schneider, (517) 827-1061, [aschneider@burchamhills.com](mailto:aschneider@burchamhills.com)  
 Josh Smith, (517) 351-8377, ext. 420, [jsmith@burchamhills.com](mailto:jsmith@burchamhills.com)

Race for Hopes & Dreams – August 22, 2010 – Start Time 10:00 a.m.

<b>Name:</b>		<b>Phone:</b>	
<b>Address:</b>		<b>City, State:</b>	<b>Zip:</b>
<b>E-mail:</b>	<b>Age on Race Day:</b>	<b>T-shirt Size</b> (children sizes not available): S      M      L      XL	<b>Gender:</b> <input type="checkbox"/> Male <input type="checkbox"/> Female

Event	Before July 2	Before August 6	After August 6
<input type="checkbox"/> Kids Dash	\$5	\$5	\$5
<input type="checkbox"/> Kids Run	\$5	\$5	\$5
<input type="checkbox"/> 5K Run	\$12	\$15	\$20
<input type="checkbox"/> 5K Walk	\$12	\$15	\$20

*Note for Walkers: Because the walk is competitive, you cannot run at any time during the race. If it is reported that any walk participant was running during the race, that participant will be moved to the run division.*

**WAIVER:** *In consideration of the acceptance of this entry, I hereby, for myself and my heirs, executors and administrators, waive any and all rights, claims and damages I may have against the sponsors, coordination groups, Burcham Hills Retirement Community and any individuals associated with said event. Also, none of the above is responsible for the loss of personal items or any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in the event. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. In completing this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions. I also understand my application fee is non-refundable.*

Make check payable to:  
 Burcham Hills Retirement Community or charge to:  
 VISA/MC # \_\_\_\_\_  
 Exp \_\_\_\_/\_\_\_\_ Amount \$ \_\_\_\_\_

\_\_\_\_\_  
 Entrant's Signature Date