

FIVE-O 5K Run/Walk

Uniformed Team Race



ECSO Five-O 5K was started to raise money to buy memorial plaques for our three fallen Deputies. We were able to raise the money and then some. We are going to continue having the race to raise money to support our fallen Deputies. We also want to help your department do the same thing. This year we are having a uniformed team race. Teams will consist of three or more fully uniformed Officers (uniform, vest, and duty belt, just like you are going on patrol.) Teams will be ranked by their average time. The first place team will receive \$500 for their department's memorial fund or memorial related expenses. (i.e. honor guard, flowers for grave site, etc.)

Saturday April 16th, 2016, Race begins at 10:00 AM

Location: Sharp Park in Delta Township, 1401 Elmwood rd. Lansing MI 48917

Course: Accurate 5K on paved roads and the bike path in Sharp Park

Entry Fee: By 4/10: \$20 4/11 to 4/15: \$25 Race Day: \$30

Registration: Make check payable to and mail to: ECSO five-O 5K, 7708 Administration dr, Lansing MI 48917 Att. LT Wriggelsworth. Or online at www.runsignup.com/Race/MI/Lansing/FIVEO5K

For more information: rblock@eatoncounty.org

Last Name

First Name

Home Phone

Shirt Size: (Circle one) S M L XL

Gender: (Circle one) M F Age on Race Day: _____ Department Team Name _____

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 Delta Township, Eaton County Sheriff Office, Eaton County, 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