



South Church Family Fitness 5K Run/Walk

Friday, June 5th 2015 @ 7:00 pm



Proceeds Benefit Volunteers of America - New Hope Day Center

Location: South Church, 5250 Cornerstone Dr, Lansing MI 48917

Awards: Medals will be awarded to the top 3 male and female finishers in the following divisions:
12 & under; 13 - 19; 20 - 29; 30 - 39; 40 - 49; 50 - 59; 60 & over

Kids' Run @ 6:45: (12 & under) All pre-registered children who participate in the Kids' Run will receive a medal
Fun kids activities before/during/after race

Refreshments: Water, juice, hotdogs, snacks, cookies, and fruit

Information: South Church (517) 322-2000
www.southlife.org/5k or www.playmakers.com

NEW THIS YEAR: All children 12 & under must indicate in advance if their intention is to ONLY run the Kids' Run [This has to do with the electronic timing of the race].

Registration: Online at www.southlife.org/5k
-- or mail entries to --
South Church, 5250 Cornerstone Dr, Lansing MI 48917
Checks payable to **South Church**
Pre-registration by June 1st guarantees you a t-shirt

Packet Pickup: South Church
5250 Cornerstone Dr
Lansing MI 48917
Race day 9am - 6pm

Entertainment: Music from 5:30 - 9:00pm



-----PLEASE COMPLETE ONE ENTRY FORM PER PERSON-----COPY FOR ADDITIONAL FORMS-----

_____ Adult - \$20.00 (\$25.00 after June 1st)
_____ Child - \$5.00 (12 & Under)
_____ ONLY running Kids' Run
_____ Family Maximum - \$45.00

T-shirt size:
Adult: S___ M___ L___ XL___ XXL___
Youth: S___ M___ L___

How did you hear about this 5K race?
Circle all that apply:
South Church Playmakers
Poster Facebook

Last Name: _____ First Name: _____ Middle Initial: _____

Address: _____ City: _____ Zip Code: _____

Email: _____ Age (as of June 5th, 2015): _____ Gender (Circle): M / F

WAIVER OF LIABILITY

I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of any race official relative to my ability to safely complete this event. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic and condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, for myself and anyone entitled to act on my behalf, waive and release South Church, Lansing Community College, Volunteers of America--Michigan and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. By signing, I give South Church permission to use my photograph for potential promotional purposes.

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Participant Signature _____ Date: _____
(If under 18, a parent must sign)