



June 19, 2015

Lansing River Trail

(Event will start at the Fish Ladder
in Old Town along the River Trail.)

Kids' Races – 5:30pm

5K – 6:00pm

Sponsored by:



REGISTER TODAY!

MAIL:

Capitol National Bank
200 Washington Square North
Lansing, MI 48933

ONLINE:

Active.com
Online registration ends June 16th

ONSITE:

Race Day Registration opens 4:00pm

PACKET PICK UP:

Playmakers
2299 W. Grand River Avenue, Okemos
Thursday, June 18th 5:30-8:00pm



PLEASE PRINT

NAME _____

PHONE (_____) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

☐ Male ☐ Female

Would you like to be chip timed? ☐ Yes ☐ No

To receive credit for race results by age group

Age on June 19, 2015 _____

Age Divisions

14 & under	25-29	40-44	55-59	70+
15-19	30-34	45-49	60-64	
20-24	35-39	50-54	65-69	

T-SHIRT SIZES (circle one)

Adult	S	M	L	XL	XXL
Child	S	M	L		

PICK ONE EVENT

- ☐ Kids' Dash – Ages 6 and under \$10
- ☐ Kids' Mile – Ages 12 and under \$10
- ☐ 5K – All Ages \$20 (register on or before June 1, 2015)
- ☐ 5K – \$25 (register after June 1, 2015 but before June 19, 2015)
- ☐ 5K – \$30 (race day registration)

Form of Payment _____
(Make checks payable to CBC Foundation)

Race number assigned _____

**ALL PARTICIPANTS MUST SIGN THE FOLLOWING WAIVER
Participation Agreement**

I understand that participation in this event requires a high level of physical exertion and that there are health and injury risks associated with my participation. Participation in this event could result in serious bodily injury or even death. I hereby certify that I have sufficiently trained for this event and that my level of physical fitness is adequate for this competition. I hold harmless Capitol National Bank and CBC Foundation, and the race sponsor/organizer for any injuries, accidents, illness, or any claim for damage related to my participation in the event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give my permission to the media and Capitol National Bank and CBC Foundation to use my name and/or picture for publication without limitation.

Signature of Participant

Signature of Parent or Legal Guardian if under 18 years of age