

2<sup>nd</sup> Annual Heritage Run  
"Run with Pride"  
5k Run/Walk  
**October 19th, 2013**



**Location:** Lansing Community College

**Start Time:** 10:00am

**Course:** Accurate 5K on the Lansing River Trail

**Awards:** All runners/walkers will receive an Award Ribbon. Award to Overall and Master Winners. Medal's to top 3 places in age group.

**Age Groups:** 12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

**Entry Fee:** Postmarked by: **Oct. 14<sup>th</sup>, 2013: \$18**      **Race Day: \$25**

**Registration:** Make checks payable: **LCC Foundation**

Mail to: **8021 LCC Foundation PO BOX 40010 Lansing, MI 48901**

**Register Online:** [www.runningfoundation.com/Heritage\\_Run.html](http://www.runningfoundation.com/Heritage_Run.html)  
or [www.lcc.edu/givenow](http://www.lcc.edu/givenow)

**Packet Pickup:** Friday Oct. 18<sup>th</sup>, 3 to 7 pm, LCC Gannon Building Rm. 351 (Cesar Chavez Room)  
Race day at LCC starting at 8:30am

**All who register before Oct. 14<sup>th</sup> will receive a Race T-shirt!**

**Information:** Santos Gutierrez: [guties@lcc.edu](mailto:guties@lcc.edu)



Proceeds will go to: **L.U.C.E.R.O. Scholarship Program at the Lansing Community College Foundation Office**

Name: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip/ \_\_\_\_\_

**Gender:** (Circle one)      **M**      **F**

**Age on Race Day:** \_\_\_\_\_

**Shirt Size:** (Circle one)      **S**      **M**      **L**      **XL**      **XXL**

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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 city of Lansing and all 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.

\_\_\_\_\_  
Participants Signature

\_\_\_\_\_  
Parent's Signature if under 18

\_\_\_\_\_  
Date