

3<sup>rd</sup> Annual Heritage Run  
"Run with Pride"  
5K Run/Walk  
October 19th,  
2014



**Location:** Lansing Community College-

**Start Time:** 2:00pm

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

**Awards:** Award to Overall and Master Winners. Ribbon'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. 15<sup>th</sup>, 2014: **\$20** Race Day: **\$25**

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

Mail to: LCC Foundation 309 N. Washington Square, Suite 201, 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. 17<sup>th</sup>, 4pm to 6pm, 351 Gannon Bldg.--Race day at LCC starting at 8:30am

**All who register before Oct. 15<sup>th</sup> are guaranteed a Race T-shirt!**

**Information:** Felipe Lopez Sustaita:  
[lopezf@lcc.edu](mailto:lopezf@lcc.edu)

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

Proceeds will go to: **The LUCERO Program Student 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.

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Participants Signature

Parent's Signature if under 18

Date