An✝ioch's
Get Healthy Now "Miles for Miles"
50m, 1 mile Run
Saturday June 15, 2019

LOCATION: **Lansing Community College West Campus**, 5708 Cornerstone. Lansing MI, 48917

START TIME: **Toddler Trot** 2-5yrs. 50m dash 9:00 a.m., **Youth Run** 6-13yrs. 1 Mile 9:15 a.m.

REGISTRATION: One entry form per person. Mail entry form(s) P.O. Box 80346 Lansing MI 48908 (must be postmarked by June 7, 2019), or register at Playmakers 2299 W. Grand River, Okemos MI. **Please make checks** payable to Antioch Cares CDC. 5K Pre-registrants receive tee shirt, and after race refreshments. https://runsignup.com/Race/Donate/MI/Lansing/GetHealthyNow5kRunWalk

ENTRY FEE: $10 (Postmarked by June 7), After June 7 and Race day $15

PURPOSE: Combat childhood obesity, proceeds will support youth spirit and sports camp.

PACKET PICK UP: Race day Saturday June 15, 2019 starting at 8:30 a.m. at **Lansing Community College West Campus**

AGE GROUPS: Male/Female: 2-13yrs

AWARDS/PRIZES: Prizes for All

INFORMATION: **Carolyn Terry 5K Chair**, or Rev. Edward A. Thomas 517 388-2690, https://runsignup.com/Race/Donate/MI/Lansing/GetHealthyNow5kRunWalk

RACE RESULTS: Results of 5K will be posted on-line at www.playmakers.com

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Please Print, fill out the form completely, sign and mail to Antioch Cares CDC, **Get Healthy Now**, P.O. Box 80346 Lansing MI 48908 (must be postmarked by June 7, 2019)

Last Name_____ First Name_____ MI ____ **Gender:**   M   F

Address_____ City_____State_____Zip_____

Phone_____ **E-MAIL**_____

Age on Race Day: _____ T-Shirt Size (not guaranteed)   YS Y M Y L **S** **M** **L** **XL**

Waiver of Liability

In consideration of my entry, I intend to be legally bound, for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims which I may hereafter accrue to against the sponsors and officials of the race described in this entry form, and the City of Lansing, Lansing Community College, Antioch Cares/Antioch Church or their respective officers, agents, representatives, successors, and/or assigns, while participating in this event.

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  Signature   If under 18, Parent/Guardian signature