

BWL Hometown Power 5K

5K run/walk

Saturday, August 13th, 2016 - Start time: 9:00 a.m.



Mission: All funds raised will support the McLaren Greater Lansing Healthcare Foundation.

Location: Race will start at BWL REO Town Headquarters on S. Washington Ave. Course will run through city streets in neighborhoods around REO Town building.

Course: Accurate 3.1-mile run. The course will be on paved city streets.

A FREE Kids race event will be held following completion of the 5K. A medal for all participating kids will be provided.

Registration: Mail entry form or register online at www.runningfoundation.com/BWL5K.html

*****All Registered Participants will receive a Technical T-Shirt*****

Packet Pick-Up: 5 pm – 8 pm on Friday Aug 12th in the BWL REO Town Depot.

7:30 am – 8:45 am on Race Day in the BWL REO Town Depot.

Entry fee: Postmarked by August 5 - \$19

Family Rate (Mail-In Only): \$58 for 4 members, \$10 for each additional member (no limit)

(Family includes immediate members in same household)

Packet Pick-Up (8/12/15) & Race day (8/13/15) at BWL REO Town Depot - \$25



Race Awards: ***Custom medals will be given to all 5K finishers.***

Special Awards to overall, masters (over age 40), and grand masters (over age 50) champions.

Awards to top 3 place finishers in each age group.

Age groups: 10-and-under, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80-over



Race results: Results of the 5K will be posted online at www.playmakers.com

Information: Justin Bowman (517) 702-6185

Email: JLB3@lbwl.com

Bob Peralas (517) 702-6828

Email: RLP2@lbwl.com

GREATER LANSING

Make checks payable to: Lansing Board of Water and Light

Mail to: BWL Hometown Power 5K P.O. Box 13007 Lansing, MI 48901

BWL Hometown Power 5K 8/13/15 – 9:00 a.m.

Please print clearly

Last name	First name	Phone number	E-mail
<div>This event has been reviewed for the physical activity content and has been endorsed by the Governor's Council on Physical Fitness, Health and Sports. This does not reflect endorsement of the sponsoring organization or the products used.</div>			<div>Entry Fee: \$ _____</div> <div>Contribution: (McLaren) \$ _____</div> <div>Total: \$ _____</div>

Gender (Circle one): M F **Age on race day:** _____

Shirt size (Circle one): S M L XL 2XL

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 Lansing Board of Water and Light, McLaren Health Systems and all of 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.

Participant's signature

Parent's signature if under 18

Date

Emergency Contact Name & Phone #