1st annual

Run for Youth Sports

Sunday July 17, 2016

Location: Lansing River Trail between Michigan Ave. and Kalamazoo Street. Start and finish near Impressions 5 Museum.

Parking: Ample Parking at the Lansing Center and in Downtown Parking lots.

Start Time: 5k Run/Walk start time, 9:00am

Course: Scenic accurate course.

Registration: Register online at:
https://runsignup.com/Race/MI/Lansing/RunforYouthSports/
Register in person at Playmakers or Lansing Athletics

Entry Fee: Postmarked by July 11, $20 without shirt, $25 with shirt.

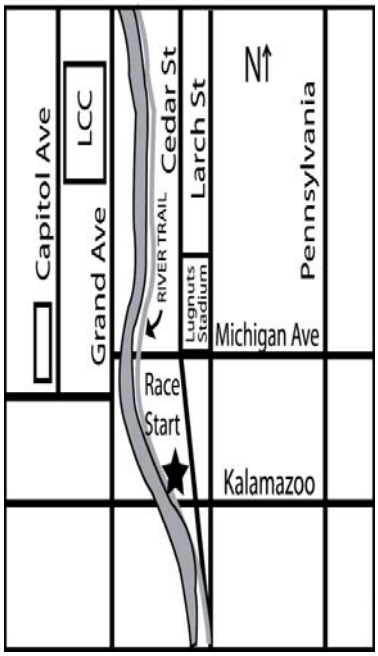
Race Day: $25 without shirt, $30 with shirt.

Packet Pick-up: Race day 7:30 am, behind Impressions 5 Museum.

Awards: Medals to top 3 places in each age group.

Age Groups: 12 & under, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over

Purpose: Proceeds of fundraiser to go toward youth sport scholarships



Make Checks Payable to: Michigan Running Foundation or MRF
Mail To: PO BOX 10180 - Lansing, MI 48901

1st Annual Run for Youth Sports 7/17/16 - 9:00 am 5k fee - Postmarked by 7/11, $20 without shirt - $25 with shirt - Race Day: $30 with shirt $25 no shirt

Last Name _____ **First Name** _____ **Phone** _____

Gender: (Circle one) **M** **F** **Age on Race Day:** ☐

Shirt Size: (Circle one) **S** **M** **L** **XL** NO SHIRT

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.

Signature _____ Parent if under 18 _____ Date _____

The race will be timed using disposable RFID tags.
Timing mats at start and finish.