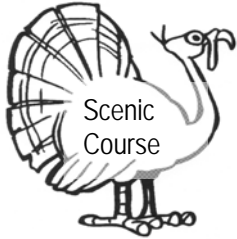


18<sup>th</sup> annual

# LANSING TURKEY TROT

## 5K RUN/WALK



THURSDAY NOVEMBER 22, 2018 9:00 AM

**LOCATION:** Lansing Community College,  
On Grand Ave. between Shiawassee and Saginaw Rd.  
**PARKING:** Free at LCC Parking Garage on Grand Ave.



**COURSE:** Scenic accurate 5k through Downtown Lansing.

**AWARDS:** \$25 Playmakers Gift Certificate to Overall, Master and Grand Maser Champion.  
\$10 Gift Certificate to all age group winners! - Medals to top 3 places in each age group.

Age Groups: 10 & 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, 70-74, 75-79, 80 & up

**REGISTRATION:** Make check payable to and mail to:  
Michigan Running Foundation, 1229 Schavey Rd Dewitt, MI 48820



Register on line: [www.runningfoundation.com](http://www.runningfoundation.com) Register at Playmakers

**Entry Fee:** postmarked by 11/16 Adults - **\$20** Students (18 and under) - **\$18**

**Entry Fee:** 11/17 to 11/21 at Playmakers **\$25** / **Entry Fee:** Race Day **\$30**

Shirts are not guaranteed after Friday  
November 16

**PACKET PICKUP:** Tuesday 11/20 and Wednesday 11/21, 10 am to 8 pm at Playmakers.  
Race Day at Lansing Community College 7:00 AM

**INFORMATION:** [www.runningfoundation.com](http://www.runningfoundation.com) Chuck Block: [chuck@runningfoundation.com](mailto:chuck@runningfoundation.com)  
*Proceeds will go to Youth Track Clubs in Michigan. We help young runners attend national track and CC meets.*

LANSING TURKEY TROT 5K - 11/22/18 Race starts 9:00 AM - Make check payable to and mail to: MRF - 1229 Schavey Rd Dewitt, MI 48820

Last Name

First Name

Phone

**Gender:** (Circle one) M F **Age On Race Day:** \_\_\_\_\_

**Shirt Size:** (Circle one) Youth S Youth M Youth L Adult S Adult M Adult L Adult XL Adult 2X

**Entry Fee:** postmarked by 11/16 Adults **\$20** Students (18 and under) **\$18**

Family rate is **\$18** if registering 3 or more.  
**Ends Friday 11/16**

**Entry fee:** 11/17 to 11/21 - Entry Fee **\$25:** Race Day **\$30** (no shirt guarantee)

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 Signed