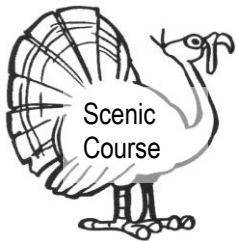


19th annual

LANSING TURKEY TROT

5K RUN/WALK

THURSDAY NOVEMBER 28, 2019 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 Register at Playmakers

Entry Fee: postmarked by 11/21 Adults - **\$25** Students (18 and under) - **\$20**

Entry Fee: 11/22 to 11/27 at Playmakers **\$30** / **Entry Fee:** Race Day **\$35**

Shirts are not guaranteed after Friday
November 22

PACKET PICKUP: Tuesday 11/26 and Wednesday 11/27, 10 am to 8 pm at Playmakers.
Race Day at Lansing Community College 7:00 AM

INFORMATION: www.runningfoundation.com Chuck Block: 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 - 11/28/19 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 11/21 Adults **\$25** Students (18 and under) **\$20**

Family rate is **\$20** if registering 3 or more.
Ends Friday 11/21

Entry fee: 11/22 to 11/27 - Entry Fee **\$30:** Race Day **\$35** (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