



5K RUN/WALK

RUN 4 FOOD

October 7, 2017

Saturday, October 7, 2017

Race starts @ 9am Lansing River Trail, 230 E. Grand River Ave

Race Fee

\$25 per participant, on or before 9/30/17

\$30 per participant on race day

Registration

Online: <https://runsignup.com/Race/MI/Lansing/CristoRey5k>

Or make a check payable to **Cristo Rey Community Center**,
1717 N High St. Lansing, MI 48906

Waiver:

By submitting this form, I hereby, for myself, my heirs, and my executors, waive and release all rights and claims for damages I may have against Cristo Rey Community Center and the City of Lansing. I grant permission to use my photographs, motion pictures, and recording or any other record of this event for any legitimate purpose.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Birthday: _____ Age as of 10/7/17: _____

T-Shirt Size (circle one): **S M L XL XXL** Gender: **M F**

Signature of participant or guardian

Date

Packel Pickup:

Course:

Awards:

Age Groups:

More Info:

Fri. 10/6, 1pm-5pm at Cristo Rey Community Center or at the race site: 8am-8:30am

Start and finish on the Lansing River Trail, 230 E. Grand River Ave.

Overall and first place for each age group male & female

12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & above

Call 517-253-8250, visit our website, or email msmithers@cristoreycommunity.org