

# SUPER BOWL 5K

**SUNDAY, FEBRUARY 2, 2014 – RACE BEGINS AT 10:00 AM**

**Location:** Chippewa Middle School, 4000 Okemos Rd. Okemos MI 48864

**Start Time:** 10:00 AM    Award ceremony: 10:55 AM

**Course:** Flat, fast and accurate 5k on paved roads.

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

**Awards:** Unique Medal in the shape of a football helmet  
Medal and special prize to Overall, Master, and Grand Master Winner  
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+



**Entry Fee:** Postmarked by 1/24 **\$20** / **Entry Fee:** 1/25 to 2/1 at Playmakers **\$25** / **Race Day \$30**

**Registration:** Make check payable to and mail to:  
Michigan Running Foundation, PO BOX 10180 Lansing, MI 48901  
Register in person at Playmakers.



**Packet Pickup:** Saturday February 1, 2 PM to 6 PM at Playmakers.  
Race day at Chippewa Middle School at 8 AM

**Information:** [www.runningfoundation.com](http://www.runningfoundation.com)    Chuck Block (517) 702-0226  
Proceeds will go to the MRF Scholarship fund and for youth programs at Okemos Schools

Super Bowl 5k - 2/2/14 - Start time 10:00 AM - Make check payable to and mail to: MRF, PO BOX 10180 Lansing, MI 48901

Last Name	First Name	Phone
<b>Gender:</b> (Circle one) <b>M</b> <b>F</b>	<b>Age on Race Day:</b> <input type="text"/>	
<b>Shirt Size:</b> (Circle one) <b>S</b> <b>M</b> <b>L</b> <b>XL</b> <b>2X</b>		

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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 Meridian Township, Okemos Schools, Ingham County, 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