

RUN FOR THE AGES

Walk/Run/Wheel



Tri-County
Office on Aging

5K

Saturday, May 20, 2017 • 9:00am

Proceeds benefit Tri-County Office on Aging, www.tcoa.org, a regional not-for-profit organization serving older adults, persons with disabilities, families and caregivers.

Where: Hawk Island County Park, 1601 E. Cavanaugh Rd., Lansing, MI 48910

Registration Fee: \$25 Early

\$30 Starting May 1, 2017

Ages 12 and under are free.

Payment due at time of registration.

On Race Day: Checks and Cash only. Checks payable to: TCOA 5K.

*Parking pass available upon
request at packet pick-up.
Passes not available race day.*

Register online at www.tcoa.org or complete the mail-in form below.

Packet pick-up information will be emailed and available on www.tcoa.org closer to event day.

MAIL-IN REGISTRATION FORM—Run for the Ages 2017

***Required**

Mail in to Tri-County Office on Aging, c/o: 5K Committee, 5303 S. Cedar St., Bldg. 1, Lansing, MI 48911

*Name _____ *Sex _____ *Age _____

Address _____

City, State, Zip _____

Phone _____ E-mail (for race updates/info) _____

*SHIRT SIZE (circle one): XS SM M L XL 2XL 3XL 4XL

Moisture Wicking T-Shirts for registered participants, or \$10 for children 12 and under and non-registered participants.

No refunds will be issued for any reason. If participant is under 18, parent or guardian must sign.

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, Ingham County, Tri-County Aging Consortium and all their departments; all sponsors; and race management organizations, 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.

*Sign: _____ *Date: _____