««« TCOA 5K »»»
RUN FOR THE AGES

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.
Help us promote and preserve independence and dignity in the aging population.

Join us for our 6th year of Walking, Running & Wheeling!

When:	**Saturday, May 18, 2019, race begins at 9:00am**
Where:	**Hawk Island County Park**
	1601 E. Cavanaugh Rd., Lansing, MI 48910
Registration Fee:	**$25 ends April 30, 2019**
	$30 starting May 1, 2019*
	Register and donate online at
	runsignup.com/Race/MI/Lansing/RunfortheAges
	or complete the mail-in form below.

Unable to attend? DONATE!

Additional Info:	On Race Day: Credit (No AMEX), Checks (payable to TCOA) and Cash.
	Parking pass available upon request at any packet pick-up prior to race day.
	Poly-blend event shirt included in paid registrations.
	Shirts available for $15 for those 12 and under or non-registered supporters.
	Packet pick-up May 16 and 17. More information available closer to event.
	shirts not guaranteed after April 30

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PAPER REGISTRATION FORM—Run for the Ages 2019   *Required

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

*Name_____ *Gender_____ *Age_____

Address _____

City, State, Zip _____

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

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

Payment due at time of registration. Ages 12 and under are free.   **No refunds will be issued for any reason.**

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. If participant is under 18, parent or guardian must sign.

*Sign:_____ *Date: _____