



# Duo at the Ledge

1/2 MARATHON RUN - 5K & 10K RUN/WALK



**SATURDAY JUNE 9, 2018**

1/2 Marathon & 10k 6:30am/5k Run/Walk 7:30am  
FREE Kids Fun Run 9:15am

ALL PROCEEDS GO TO THE LEUKEMIA & LYMPHOMA SOCIETY  
AND THE JASON PLITE MEMORIAL FUND

Mail in entry form or register at Playmakers or go  
online at <http://runsignup.com/duoattheledge>

Packet pickup is Friday June 8, 3-8pm at Playmakers or  
Saturday June 9, at St. Michael School gym starting at 5:30am.

For information call Steve Kreft 517-627-2735 or e-mail [s.kreft@comcast.net](mailto:s.kreft@comcast.net)

- \* The races will start and finish at St. Michael School 325 Edwards St. Grand Ledge
- \* The 1/2 marathon is mostly flat with some rolling hills and it has a mix of surfaces both paved & dirt roads. The 5k & 10k are mostly flat city runs.
- \* All races will be timed using disposable RIFD tags.
  - \* Medals for all 1/2 marathon finishers
- \* Special trophy to overall, master (over 40), grand master (over 50) and medals for top 3 in each class for both races.
- \* Age groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over
- \* Customized Gym bag for all runners in lieu of a shirt
- \* Secure gear check at Start

The 5k race starts 7:30

The city of G.L. requires the 1/2 marathon course must close by 10:00 am which requires an average pace of least 15 minutes per mile

The Hampton Inn is the official hotel for Duo at the Ledge Races with special rates  
900 N. Canal Rd. Lansing 48917 (517) 999-7900

THIS YEAR

Kids 15 & under will automatically get a discount when they register after 4/30/2018