



# Duo at the Ledge

1/2 marathon  
5k run/walk

## SATURDAY JULY 5, 2014

1/2 Marathon 6:00am/5k Run/Walk 8:30am

FREE Kids Fun Run 9:15am

ALL PROCEEDS GO TO THE LEUKEMIA & LYMPHOMA SOCIETY

AND THE OFFICER CONNIE STARR BENEFIT FUND

**Mail in entry form or register at Playmakers or  
online at [http://runningfoundation.com/Duo\\_at\\_The\\_Ledge.html](http://runningfoundation.com/Duo_at_The_Ledge.html)**

**Packet pickup Thursday July 3, 3-8pm at Playmakers or  
Saturday July 5, at St. Michael School gym starting at 5 am**

**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 from city streets to country roads to dirt roads. The 5k is a mostly flat city run.
- \* Both the 1/2 Marathon and the 5k 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
- \* Tech T-shirt for both races. NO guarantee of shirt on race day.
- \* Special shirt if you preregister by 6/30 to do both races
- \* Secure gear check at Start sponsored by Maurer's Your Image Partner

### **NEW THIS YEAR**

The 5k race starts at **8:30**

Per the city the 1/2 marathon course must close by 9:30 which requires an average pace of least 15 minutes per mile

The Playmakers Fitness Foundation will receive \$0.50 for each runner  
\$3 back on race day if you have at least 1 volunteer sign up in your name  
by 6/1/14 either online or by mail

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

Fazoli's Italian Restaurant will have a Pre-race Pasta dinner special 5617 W. Saginaw  
across from the Lansing Mall

# MAJOR SPONSORS



# GOLD SPONSORS



Make check payable to Duo at the Ledge Races. Register at Playmakers or online at [http://runningfoundation.com/Duo\\_at\\_The\\_Ledge.html](http://runningfoundation.com/Duo_at_The_Ledge.html) or mail to 1092 Brookside Dr. Grand Ledge, MI 48837

## Entry Fees—Register early and save!

|                 |                 | RUN BOTH RACES  | Event            | Gender     |
|-----------------|-----------------|-----------------|------------------|------------|
| 1/2 marathon    | 5k              |                 |                  |            |
| \$35 until 1/31 | \$15 until 1/31 | \$40 until 1/31 | 1/2 marathon ( ) | Male ( )   |
| \$45 after 1/31 | \$25 after 1/31 | \$55 after 1/31 | 5k run/ walk ( ) | Female ( ) |
| \$55 after 6/30 | \$30 after 6/30 | \$70 after 6/30 | Both Races ( )   |            |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Birthday \_\_\_\_\_ Age \_\_\_\_\_

Youth T-shirt S M L XL  
XXL

Waiver of Liability: I believe I am physically fit for the event. In consideration of my accepting this entry form, I intend to be legally bound, here by for myself, my heirs, personal administrators waive and release all rights and claims for damages I may have against the Duo at the Ledge organizers, volunteers, city of Grand Ledge, Eaton County Parks, The Leukemia & Lymphoma Society, St Michael Parish, Sponsors, while traveling to and from, or participating in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent/Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

T-shirt S M L XL XXL