

12th annual



TWILIGHT RUN

WEDNESDAY EVENING JUNE 18, 2014

5k RUN/WALK



Location: Lansing River Trail between Michigan Ave. and Kalamazoo Street.
Start and finish near Impressions 5 Museum.

Parking: Ample Parking at the Lansing Center and in Downtown Parking lots.

Start Time: 5k Run/Walk start time, 7:00 p.m.

Course: Scenic accurate course.

Registration: Mail entry form - or register online at: www.runningfoundation.com
Register in person at Playmakers

Entry Fee: Postmarked by June 13, \$20 with shirt, \$15 without shirt.

Race Day: \$25 with shirt, \$20 without shirt.

Packet Pick-up: Race day 5pm to 7pm, behind Impressions 5 Museum.

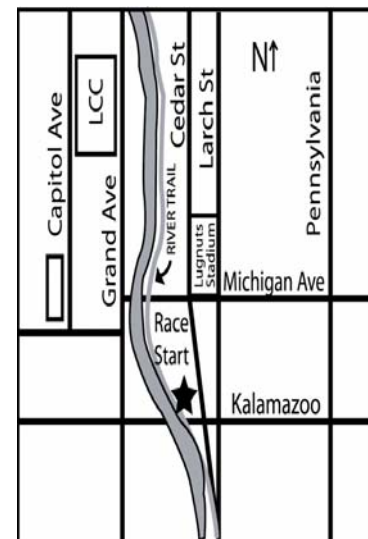
Awards: Medal and special prize to Overall, and Master Champion,
Medals to top 3 places in each age group.

Age Groups: 12 & under, 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 & over

Purpose: Proceeds from the Twilight Run will go to support youth
Track Clubs in Michigan.

Race Results: Results will be posted on-line at www.playmakers.com

Information: Chuck Block (517) 702-0226 www.runningfoundation.com



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

Make Checks Payable to: Michigan Running Foundation or MRF

Mail To: PO BOX 10180 - Lansing, MI 48901

12th Annual Twilight Run- 6/18/14 – 7:00 p.m. 5k fee – Postmarked by 6/13, \$20 with shirt - \$15 no shirt – Race Day: \$25 with shirt \$20 no shirt.

Last Name

First Name

Phone

Gender: (Circle one) **M** **F**

Age on Race Day:

Shirt Size: (Circle one) **S** **M** **L** **XL** **NO SHIRT**

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 the city of Lansing and all their departments, 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.

Signature

Parent if under 18

Date