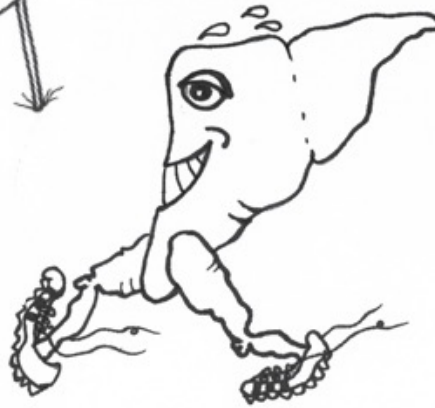


**Join us in Lansing
this Father's Day
for the**

Transplant 5K

June 17, 2018



"Louie Livermore"



"Kid Knee"

Share the gift of life. Become an organ donor.

Hawk Island County Park, Lansing, MI

All net proceeds from this event go to Douglas Mumby Jr. and family to pay for medical and living expenses. Doug is currently waiting on the organ donor list for a kidney and liver transplant.

Transplant 5K Entry Form—Sunday, June 17, 2018

www.runsignup.com/transplant5k

Early Rate Before 6/1/18	6/1/18 - 6/16/18	Race Day 6/17/18
5K Run/Walk <input type="checkbox"/> with T Shirt \$20	5K Run/Walk <input type="checkbox"/> with T Shirt \$25	5K Run/Walk <input type="checkbox"/> with T Shirt \$30

Please make checks payable to Transplant 5K


T-Shirt Size

Adult: S M L XL 2X

Youth: L add \$1.50 for 2x and 3x 3X

I would like more information about:

- volunteering becoming a sponsor
 I am enclosing an additional donation of \$ _____

Name _____		
Address _____		
City _____	State _____	Zip _____
Phone _____	Male <input type="checkbox"/>	Female <input type="checkbox"/>
E-Mail _____	Age on 8/13/17 _____	

Waiver: By Submitting this entry form, I hereby, for myself, my heirs and my executors, waive all rights and claims for damages I may have against Michigan Running Foundation, Ingham County Parks, and 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.

Participant's signature _____ Date _____ Parent's Signature (if under 18) _____

Event Timeline

9:00 AM 5K Run/Walk - chip timed 9:45 Awards Ceremony

Location and Course

Start and Finish at Hawk Island Park Red Tail Shelter, 1601 E. Cavanaugh Lansing, MI. Beautiful and scenic course on rivertrail

Registration

Online at <http://www.runsignup.com/transplant5k> Or mail or drop-off registration forms to: Camino of St. James C/O St. James Church, 1010 S. Lansing St. Mason, MI 48854.

Late Registration and Packet Pickup - 730am until start on Race Day at Hawk Island Park, 1601 E.Cavanaugh, Lansing.

Sunday, June 17, 2018

What do I get?

All 5K participants registered before June 1 are guaranteed a race shirt. You'll also get refreshments at the finish line and a great feeling because your participation will benefit Doug Mumby and his family.

Award Categories for 8K and 5K

Awards will be given to overall 8K and 5K Male and Female Winners. Also, awards for first three Males and first three Females in each age group category: 1-14; 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+ Ribbons for kids races

Volunteer/Sponsor

Not ready to run or walk? How about volunteering to help us? We'll give you a free volunteer shirt and morning re-freshments.

Want to get some great publicity for your business while helping to support a worthy cause? Consider being a sponsor. There are three different sponsor levels available, and a sponsorship can be a monetary donation or an in kind contribution.

Questions about the Run/Walk, please
 email mumbysu@gmail.com