



3rd Annual Capitol Memorial Run 5k Run/Walk

Saturday May 24th 2014

Location: Lansing Community College, 500 N Grand Ave. Lansing, MI 48933

Start Time: 9:00 a.m.

Course: Accurate 5k on the Lansing River Trail

Awards: Award to Overall and Master Winners. Medals to top 3 places in age group

Age Groups: 12 & under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and up

Entry Fee: by May 19, 2014 - **\$18** **Race Day:** **\$25**

Registration: Make check payable to: Sun Foundation
P.O. BOX 511 Grand Ledge MI 48837

Register at Playmakers or online @ www.runningfoundation.com/Capitol_Memorial_Run.html

Packet Pickup: Friday May 23 at Playmakers 4 to 8 p.m.
Race day, at LCC starting at 7:30 a.m.



Information: Timo Vasquez: timovasquez@gmail.com

Proceeds will go to the **Wounded Warrior Fund**

Capitol Memorial Run, May 24, 2014

Last Name		First Name	Home Phone
Gender: (Circle one)	M F	Age on Race Day: _____	
Shirt Size: (Circle one)	Adult: S M L XL	Youth: M	
Entry Fee: Postmarked by May 19th, 2014 - \$18		Race Day: \$25,	

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.

Participants Signature

Parent's Signature if under 18

Date Signed