



Young Life 5K



Run/Walk

Saturday, April 23, 2016

Location: Granger Meadows Park, 1275 Granger Meadows Lane, Lansing, MI

Start Time: 10:00 am for both the Run and Walk

Course: Scenic and Accurate 5K Course

Awards: Medals to Overall and Master Winner. Medals to top 3 places in each age group for runners.

Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and up

Entry Fee: Postmarked by April 8: \$20 (Guaranteed T-shirt) Race Day: \$25

Registration: For mail-in registration, make check payable to Young Life and mail to: Young Life Greater Lansing, 1518 River Terrace Drive, East Lansing, MI 48823

Register online at: <https://runsignup.com/Race/MI/Lansing/YoungLifeLansing5K>

Packet Pickup: Begin at 9:00 am on race day at Granger Meadows Park.

Information: Young Life Greater Lansing (517) 324-3294 or lansingyounglife@gmail.com

Proceeds from this event will go to benefit Young Life in the Greater Lansing Area

Name: _____ Email: _____ Phone: _____

Address: _____ City/State/Zip/ _____

Gender: (Circle one) **M** **F** **Age on Race Day:** _____ **Race:** (Circle one) **RUN** **WALK**

Shirt Size: (Circle one) **S** **M** **L** **XL**

Entry Fee: Postmarked by 4/8/16: \$20 (Guaranteed T-shirt) **Entry Fee:** Race Day \$25 (Limited Quantity of T-shirts)

Waiver: By submitting this entry form, I hereby agree to indemnify and HOLD HARMLESS Granger Meadows Park, DeWitt Charter Township, Young Life, Ingham County, Clinton County, all sponsors, race management and their agents, volunteers or employees from all liability, claims, damages or costs arising out of the Young Life 5K, whether it be caused by the negligence of the participant or any of the before mentioned organizations or any party's agents, volunteers, employees or otherwise. I attest that I have trained sufficiently to participate in this even and that I am physically fit. I hereby grant permission to Young Life Greater Lansing and its authorized agents to use my photograph for any digital or print media account of this event. I also understand that my application is non-refundable.

Participant's Signature

Parent's Signature if under 18

Date Signed