



# 7TH ANNUAL TEAM HOPE 5K RUN/WALK

Saturday, September 21, 2019



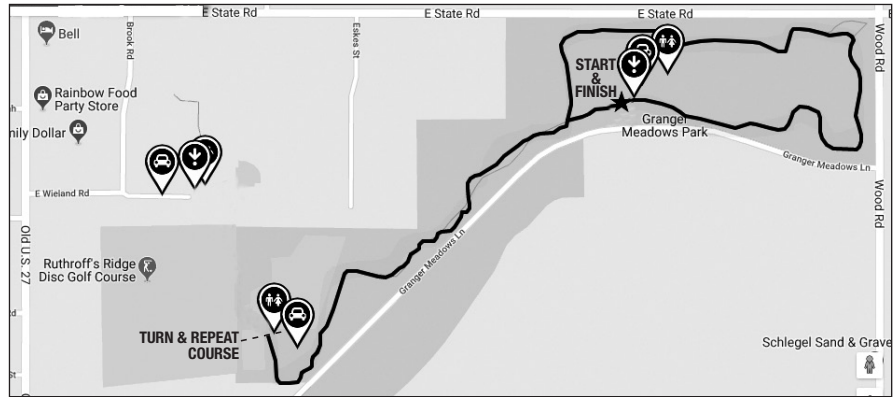
**Location:** Granger Meadows Park Pavilion #1

**Parking:** Lighted parking lots located at pavilion #1 and #2

**Start Time:** 5K Run/Walk start time: 10:00 am

**Course:** Scenic paved park path

**Registration:** 1. Mail entry form  
2. Register online @ [runsignup.com/race/mi/lansing/lansingteamhopeforhuntingtonsdisease](http://runsignup.com/race/mi/lansing/lansingteamhopeforhuntingtonsdisease)  
**or** Register online at [HDSA.org/thwlansing](http://HDSA.org/thwlansing)



**Entry Fee:** Postmarked by September 10th: \$25.00  
Includes performance t-shirt

**Race Day:** \$30 with shirt, \$25 without shirt

**Packet Pick-up:** Race day 8:45-9:50 am, Granger Meadows

**Awards:** Prize and medals for 1st-3rd mens and ladies overall  
Medals for 1st place all age categories, male and female  
Medals for all kids 13 and under

**Age Groups:** 13 & under • 14-19 • 20-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70+

**Purpose:** Proceeds from Team Hope 5K Run/Walk will go to support families affected by Huntington's Disease in the Great Lakes Region

**Race Results:** Results will be posted during the race and on the web @ [playmakers.com](http://playmakers.com)

**Information:** Dawn Perry: [dawnp3rry@gmail.com](mailto:dawnp3rry@gmail.com)

**Checks Payable To:** Huntington's Disease Society of America or HDSA

**Mail To:** 4616 Clydesdale Rd., Lansing, MI 48906

**7TH ANNUAL TEAM HOPE 5K WALK/RUN • 5K fee postmarked by September 10 • \$25 includes performance event shirt**

\_\_\_\_\_  
LAST NAME FIRST NAME PHONE

**Gender:** (circle one) **M** **F** **Age on Race Day:**

**Shirt Size:** (circle one) **S** **M** **L** **XL** **2XL** **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 HDSA, 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