

STEPS TO FREEDOM THE HOUSE OF PROMISE

MARCH 7, 2020

Location: Hawk Island Park, 1601 E Cavanaugh Rd, Lansing, MI 48910

Start Time: 10:00

Course: Accurate scenic 5k at Hawk Island Park. Dogs on leash are welcome to join.

Awards: Award to overall Winner. Medals to top 3 places in age group.

Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Entry Fee: Up to race day: \$25 Race Day: \$30

Entrance fee Includes moisture wicking anti-microbial T-Shirt if registered by February 25th after the 25th T-Shirts while supply lasts

Registration: Make check payable to and mail to The House of Promise P.O. Box 27032 Lansing MI 48909

Packet Pickup: Race day starting at 8:30 am at Hawk Island

Information: Shari Montgomery shari@thehouseofpromise.com

Proceeds will go to The House of Promise a home that will rescue women 18 and older from sexual abuse and trafficking

Name: _____ Phone: _____

Address: _____ City/State/Zip/ _____

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

Age on Race Day: _____

Entry Fee: \$25 **Entry Fee:** Race Day \$30

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