



STEPS TO FREEDOM THE HOUSE OF PROMISE

May 6, 2023

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

Start Time: 10:00 AM

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

Awards: Award to overall Winner male and female. 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: Postmarked April 27th: \$25 After April 27th: \$30

Scan the QR code to register online

This year's T-shirts will be performance dry wicking antimicrobial. Register by 4/21 for a t-shirt

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@thehouseofpromise.com

Proceeds will go to provide a safe home in the Lansing area that supports women who are recovering from severe sexual abuse and sex 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: Postmarked by April 27th \$25 (t-shirt w/entry by 4/21) **Late Entry Fee:** \$30 (t-shirt not included)

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