

JOIN THE MICHIGAN STATE POLICE FOR THE THIRD ANNUAL

# Bolt for the Heart

## 5K Run/Walk & 10K Run

Saturday | May 21, 2022 | 9 a.m.



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

**Race Information:** This flat course will be run on the grounds of the Michigan State Police (MSP) Training Academy, 7426 N. Canal Road, Lansing, MI 48913. The Running Foundation will be on site to provide professional race timing. Medals will be given to all participants. Awards will be given to the overall male and female, overall masters male and female, and the top two individuals in each age group (men and women).

Packet pick up is Friday, May 20, 2022, from 3 - 6 p.m., or on race day from 8 - 8:45 a.m. Participants registered by April 30, 2022 are guaranteed a race t-shirt.

Start time: 9 a.m.

If you are unable to make the Bolt for the Heart Run/Walk in person, you can complete the Virtual Bolt for the Heart 5K Run/Walk or 10K Run. Run your own race, at your own pace, and time it yourself. Visit <https://runsignup.com/Race/MI/Lansing/BoltfortheHeart> for additional information.

**Entry Fee: \$25 5K (\$30 after April 30); \$35 10K (\$40 after April 30)**

Register 3 or more people at the same time and receive \$3 off per person.

**Donate \$50 and receive a FREE entry:**

1. Visit the race website at <https://runsignup.com/Race/MI/Lansing/BoltfortheHeart>.
2. Choose **Sign Up** and follow the steps to register for the race.
3. You will be routed to the **Donation** page during registration, choose the **\$50 donation** level.
4. Your discount (free entry) will be reflected in the cart during checkout.

\*Please note: you must register by choosing Sign Up first or the discount will not be applied for a free entry.

For questions about this event contact [MSP-BoltMichigan@michigan.gov](mailto:MSP-BoltMichigan@michigan.gov).

## About Bolt for the Heart

Bolt for the Heart is a 501(c)(3) charitable organization. Michigan's Bolt for the Heart was derived from Indiana's Bolt for the Heart, which was established in 2010. The mission of Michigan's Bolt for the Heart is to place an Automated External Defibrillator (AED) in each MSP patrol car, and to provide preventative cardiac screenings for troopers. All proceeds from this race will go toward this cause.

Michigan's Bolt for the Heart is in memory of MSP Sgt. Peter McNamara (1963-2018).