

Fallen Heroes Run 2015

May 24, 2015

Location: Hawk Island County Park – 1601 East Cavanaugh Road, Lansing, MI

Start Time: Race to start at 9:00 AM

Course: 5K, Timing by Michigan Running Foundation

Awards: Medals awarded to top 3 places in age group.

Age Groups: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Entry Fee: Postmarked by May 15: **\$18** Postmarked after May 15 : **\$25**

Registration Online: http://www.runningfoundation.com/Fallen_Heroes.html

Registration by Mail: Fallen Heroes Memorial Foundation
711 Reynolds Drive, Waterford, MI 48328

Packet Pickup: Playmakers – Lansing, May 22, 4:00-8:00 PM & Day of race 8:00 AM

Information: <http://fhmf.org>

Proceeds will create, establish, and help maintain hometown memorials in honor of the brave men and women, who have lost their lives defending the United States of America in the war against terrorism.

Name: _____ Phone: _____

Address: _____ City/State/Zip/ _____

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

Shirt Size: (Circle one) **S** **M** **L** **XL** **Gold Star Family Member:** (Circle one) **Y** **N**

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Waiver: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release The Fallen Heroes Memorial Foundation, City of Lansing and Ingham County, The Parks and Recreation Board, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Participant's Signature

Parent's Signature if under 18

Date Signed