



Lyle Birchman's Woods and Water 5K Sunday, 10/1/17

GM's Lansing Delta Township Assembly is located at 8175 Millet Hwy in Lansing. The unpaved trail course will meander through our meadows, wind through our woods and pass by our ponds. The race begins at our Welcome Center which is the glass building in front of the facility.

Registration and Entry Fees:

Early Bird Entry Fee is \$20 w/T Shirt until Sept 15th
\$25 after Sept. 15th Race Day \$30
Shirts are not guaranteed after Early Bird dead line.

Registration on race day: 11:30 AM to 12:30 PM
 Kids race starts at 12:30 PM Event Starts at 1:00 PM
Register online:

<https://runsignup.com/Race/MI/Lansing/WoodsandWater5k>

Please make Checks payable to:

"Michigan Running Foundation"

Proceeds will benefit

"Michigan Running Foundation" programs .

Mail to:

Michigan Running Foundation
 1229 Schavey Road
 DeWitt, MI 48820-48901



Age Groups for 5KRun:

14 & under	15-19	20-24	25-29	30-34	35-39
40-44	45-49	50-54	55-59	60-64	65 & Over

WIN A POTTED TREE!

The top three male and female finishers in each age group will receive a beautiful potted tree.

Free Kids Race!

Kids 12 and under are free to participate in our "1K Romp Around the Pond" race. The first fifteen children registered will receive a free T-shirt.



We would like to thank GM and our Buick, GMC and Chevy sponsors:

Team One Crippen Glenn Buege Jim Winter

Directions to LDT from Lansing

I-496 West to South Creyts Road. Creyts Road south to Millet Hwy.
 Follow Millet west Two Miles to LDT. Turn left at Olds.

Questions? Mike.Beachnau@gm.com

RELEASE OF LIABILITY

I, the undersigned, knowingly and voluntarily release General Motors LLC ("GM"), its officers, directors, employees, employees, agents, representatives and volunteers from and all claims and demands resulting from personal injury (or death) of any person or damage to any property resulting from my participation in [the Lansing Delta Township Assembly 5K Run on 10/1/17] (the "Event"), including travel to and from and any activities incidental thereto; including, specifically, such claims and demands as may arise out of or be alleged to arise out of the (but not gross negligence) of GM, its officers, directors, employees, agents, representatives or volunteers. I will abide by all rules and regulations of GM and assume responsibility for my failure to do so.

This release extends to any and all claims I have or may have against the released parties, even if such claims result from negligence (except willful neglect) on the part of any or all of GM, its officers, directors, employees, agents, representatives or volunteers, with respect to the Event or with respect to the conditions, qualifications, instructions, rules or procedures under which the Event is conducted or from any other cause.

I understand this to mean that I agree not to sue any or of GM, its officers, directors, employees, agents, representatives or volunteers for any injuries resulting to myself or my property during or in connection with the Event.

I hereby state that I am voluntarily participating in the Event, and I expressly agree to assume the entire risk of any accidents or personal injury, including death, which I might suffer as a result of my participation in the Event whether such risk results from negligence (except willful neglect) on the part of any or all of GM, its officers, directors, employees, agents, representatives or volunteers. I state that I have read the referenced route map and have had the opportunity to physically survey the proposed route and expressly agree to assume the entire risk associated with proceeding on this route.

I additionally state that I participate in the Event knowing that weather conditions, route conditions, and other similar conditions, factors and circumstances associated with the Event may vary which may give rise to any injuries I incur.

By signing this release, I certify that I have read this release and fully understand it and that I am not relying on any statements or representations of anyone released thereby.

Signature _____

Print Name _____

Address _____

City/State/Zip _____

Email: _____

Today's Date _____ Age on Race Day _____

Female _____ Male _____

Shirt Size S _____ M _____ L _____ XL _____ XXL _____ Other _____

Signature of Parent if under 18 _____