

Antioch's

Get Healthy Now 5K Run/Walk

Saturday June 19, 2010



LOCATION: Hawk Island County Park, 1601 E. Cavanaugh St. Lansing MI, 48910 between Pennsylvania Ave. & Aurelius Rd.

START TIME: 5K Run/Walk start time, 8:30 a.m.

REGISTRATION: One entry form per person. Mail entry form(s) P.O. Box 80346 Lansing MI 48908 (must be postmarked by June 14, 2010), or register at Playmakers 2299 W. Grand River, Okemos MI. **Please make checks** payable to Antioch Cares. 5K Pre-registrants receive tee shirt, and after race refreshments.

ENTRY FEE: \$16 (Postmarked by June 14), After June 14 and Race day \$25

PURPOSE: Combat childhood obesity, proceeds will support youth spirit and sports camps.

PACKET PICK UP: Race day Saturday June 19, 2010 starting at 7:30 a.m. at Hawk Island Park

AGE GROUPS: Male/Female: 12 and under, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and up.

AWARDS/PRIZES: Prizes to the top three finishers in each age category, overall, master, male and female winners. Prize for Most Team participants.

INFORMATION: Carolyn Terry 5K Chair, or Rev. Edward A. Thomas
517 327-0967, email 5K@antiochoflansing.org, www.runningfoundation.com

RACE RESULTS: Results will be posted on-line at www.playmakers.com

Please Print, fill out the form completely, sign and mail to Antioch Cares CDC, **Get Healthy Now**, P.O. Box 80346 Lansing MI 48908 (must be postmarked by June 14, 2010)

Team Name _____

Last Name _____ First Name _____ MI ____ Gender: M F

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

Age on Race Day: _____ T-Shirt Size (not guaranteed) S M L XL XXL

Waiver of Liability

In consideration of my entry, I intend to be legally bound, for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims which I may hereafter accrue to against the sponsors and officials of the race described in this entry form, and the City of Lansing, Ingham County Parks & Recreation Department, Antioch Cares/Antioch Church or their respective officers, agents, representatives, successors, and/or assigns, while participating in this event.

Signature

If under 18, Parent/Guardian signature