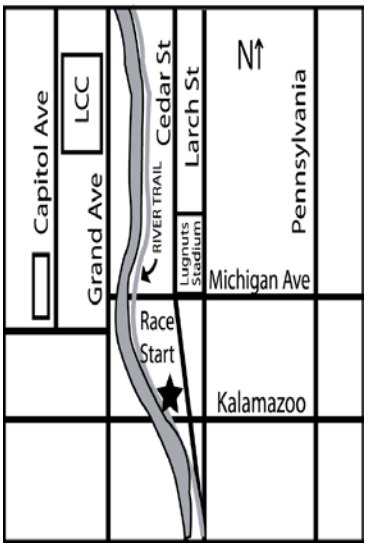
8th annual

TWILIGHT RUN

WEDNESDAY EVENING JUNE 23, 2010

5k RUN/WALK



Location: Lansing River Trail between Michigan Ave. and Kalamazoo Street. Start and finish near Impressions 5 Museum.

Parking: Ample Parking at the Lansing Center and in Downtown Parking lots.

Start Time: 5k Run start time, 7:00 p.m.

Course: Scenic accurate course.

Registration: Mail entry form - or register online at: www.runningfoundation.com

Entry Fee: Postmarked by June 18, $15 with shirt, $10 without shirt.

Race Day: $20 with shirt, $15 without shirt.

Packet Pick-up: Race day 5pm to 7pm, behind Impressions 5 Museum.

Awards: Medal and special prize to Overall, and Master Champion, Medals to top 3 places in each age group.

Age Groups: 12 & under, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over

Purpose: Proceeds from the Twilight Run will go to support youth Track Clubs in Michigan.

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

Information: Chuck Block (517) 702-0226 www.runningfoundation.com

Make Checks Payable to: Michigan Running Foundation

Mail To: PO BOX 10180 - Lansing, MI 48901

8th Annual Twilight Run- 6/23/10 – 7:00 p.m. 5k fee – Postmarked by 6/18, $15 with shirt - $10 no shirt – Race Day: $20 with shirt $15 no shirt
Make check payable to MRF - Mail to: PO BOX 10180 - Lansing MI 48901

Please print clearly

Last Name	**First Name**	**Home Phone**

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

Shirt Size: (Circle one) **S** **M** **L** **XL** NO SHIRT

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.

Signature	Parent if under 18	Date