



Saturday, September 3, 2011 · 9:00am

STARTING TIME: The 5K Run/Walk starts at 9:00am

LOCATION: Downtown Lansing across from Lansing Community College at Louis Adado Riverfront Park on the Rivertrail, cross streets are Shiawassee and Saginaw Street

COURSE: Scenic 3.1 mile course will start at the Lansing Educators tent and loop twice on the Rivertrail. The OK can end at any point during the course. An OK's distance is determined by the participant.

REGISTRATION: Early registration ends August 23, 2010. After that date, entrants must pay the late registration fee. Race Day registration will be 7:30-8:45 AM at start location.

PACKET PICK-UP: Available on Friday, September 2 at Playmakers from 5-8pm. Packets will also be available at 7:30 AM on race day at the start location.

ENTRY FEE: Event with shirt: Early: \$15.00 Late: (after Aug. 21) \$20.00
Event without shirt: Early: \$10.00 Late: (after Aug. 21) \$15.00

FACILITIES: No showers or lockers will be available.

AWARDS: Great awards! Results will be posted at the start location as the race is in progress. After results are posted for at least 15 minutes (to allow for possible corrections), award winners may pick up their award – no official award ceremony will be held.

AGE GROUPS: RUNNERS: Overall and Masters Male and Female and the first three finishers in each age division: 14 & under, 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 & over.

SEND ENTRIES: Jen Shaw, LSEA- Race Director, 6359 Towar Avenue, East Lansing, MI 48823 or drop off at Playmakers
Please make checks out to LSEA – all proceeds will benefit the children and students of Lansing

INFORMATION: Playmakers; (517) 349-3803

Run Back to School, 5K and OK Run/Walk
Saturday, September 3, 2011 · 9:00am

Last Name

Street Address

State Zip Code Phone Number

First Name

City/Town

Date of Birth

M.I. sex

age on day of race
Event: **5K Run/Walk**

e-mail address: _____ Shirt size (circle one): no shirt, **S M L XL XXL (add \$1.00)**

In consideration of my participation in this event, I for myself, my heirs, executors and administrators, waive all rights and claims for damages I may have against LSEA/LEA, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN: _____ DATE: _____