



Put it on your running calendar today!

AUGUST 4, 2018

10K Run and 5K Run/Walk plus a Great Pancake Breakfast!

St. Casimir Parish, 815 Barnes Avenue, Lansing, Michigan 48910

The 10K Run will start at 8:15 a.m. with the 5K Run/Walk starting at 8:30 a.m. Both courses are accurate and run along Lansing's scenic River Front Trail.

Registration: Register online at <http://runsignup.com/Race/MI/Lansing/CometotheRiver> or mail this registration form to St. Casimir Church, 815 Sparrow Ave., Lansing, MI 48910.

Entry Fee: \$25 per individual which includes t-shirt and breakfast or \$80 per family of 4 - through July 31, 2018. Registrations received after July 31, 2018 is \$30 per individual or \$100 per family of 4, including breakfast. T-shirts are not guaranteed after July 31st.

Pancake Breakfast: Free to race participants (your bib number is your breakfast ticket), and available to non-race participants for five dollars (\$5.00) per person.

Awards: Men's and women's 5K and 10K age divisions: 14 and 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, and 75+. Awards to the overall male and female winners and the top three in each age division.

Information: For more information, find us on Face book at *Come to the River 10K/5K* or on the Playmakers and the Michigan Running Foundation websites.

Volunteers: Help us make the Come to the River 10K run and 5K run/walk safe and successful. If you aren't running and would like to help, please contact Mike at 517-719-3851 or Kelli at 517-290-4273. Leave your name and how you can be contacted. We will take it from there.

Packet Pickup: Friday, August 3, 2018 from 5:00 p.m. to 7:00 p.m. and beginning at 7:00 a.m. on race day, August 4, 2018, at St. Casimir Parish, Holy Family Center, 800 Barnes Ave., Lansing, Michigan 48910.

Proceeds: Proceeds from this event will support St. Casimir Charities which benefit the entire Lansing community.





August 4, 2018

ENTRY FORM

Date _____
 Name _____ Date of Birth _____
 Address _____ City _____ State _____ Zip _____
 Email Address _____ Phone _____

**Make Checks Payable to: St. Casimir Catholic Parish. There will be no refunds.
 Entry is non-transferable.**

Participant Name (please print)	Participant Signature for Waiver (see below)	Male/ Female	10 K	5K	Age on Race Day	Shirt Size (see below)

T-shirt sizes available are S, M, L, XL, and XXL (men's sizes)

Entry Fees:

\$25 per person through July 31, 2018 (includes t-shirt & breakfast) _____
 \$80 family registration (up to 4 members of immediate family) _____
 \$30 per person after July 31, 2018 (includes breakfast, t-shirt not guaranteed) _____
 \$100 family registration (up to 4 members of immediate family) _____
 Additional breakfast: _____ @ \$5 each _____
 Total Enclosed: _____

How did you hear about our race? _____

Waiver:

I know that running is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I assume all risks associated with participating in this event including but not limited to: fall, contact with participants, the effects of weather, traffic, road or trail conditions, all such risks being known and accepted by me. Having read this waiver and signed the entry form, I for myself and anyone entitled to act on my behalf, forever waive and release all promoters, representatives, agents, sponsors, municipalities and participants from any and all claims or liabilities of any kind whatsoever from my participation in this event.

Each participant must sign in the space above if over 18. If under 18, parent signature is required.